

Right Mind Recovery LLC.

Mindful Recovery Group: Change from the Inside Out!

The mind can be the greatest source of peace and joy *or* our biggest challenge. When we start to let go of negative thoughts, the past, and stop living in survival mode a much more peaceful relationship with the self and others begins to unfold. Mindful Recovery Group offers important guidance and resources that support positive change and inner awakening. Be the change you want to see in the world and change *will* happen!

****This class is approved by Eagle County Probation for DUI Four Plus and DV Second Contact or for anyone who has been through Level II DUI classes.**

Group Time: Every Wednesday from 5:00-7:00 and Thursday from 7:00 p.m. - 9:00 p.m. **MST** via ZOOM

Cost: \$40.00 per session

Some Key Elements

- Core Concepts of Mindfulness
- Self-Help Resources
- Relapse Prevention through Mindfulness
- Meditation Techniques
- Finding peace and purpose
- How to control triggers and reactivity
- Mindfulness-based stress reduction

To enroll please contact Kris Trygg CAS, MMP, IMAC

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RightMindRecovery.com

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720-736-7444

All Classes are all via Zoom: <https://zoom.us/j/7207355251>