

Registration Info For:

Finding Stillness Meditation, Mindfulness, Deep Relaxation Monthly Live Online Sessions x 10

Please be sure to read both pages:

*Thank you for your interest in registering for the **Finding Stillness: Meditation, Mindfulness, Deep Relaxation**. Below you will find registration information. If you have additional questions don't hesitate to contact me by email. I look forward to connecting with you soon! Space is limited, register early to ensure your spot is reserved.*

More about Finding Stillness:

This live monthly series will include guided meditations, mindfulness practices and the opportunity to enjoy the deep relaxation and restoration of yoga nidra or “yogic sleep”. Dr. Kostenuik is experienced in teaching and guiding mindfulness and meditation and is a registered yoga teacher with training in yoga nidra. These guided practices invite the participant to experience deeper states of relaxation which promote health and wellbeing. [Evidence supports the use of mindfulness, meditation](#), and [yoga nidra](#) in the management of stress, anxiety and many other conditions (read more about this and get links to studies and reports under the more or menu tab at drkostenuik.com)

Finding Stillness: Meditation, Mindfulness, Deep Relaxation 10 Monthly Sessions - Live Online by Zoom

Dates: **Sep 13 – Jun 13**, 2021, second Monday of each month

Time: 8-9pmET

Host/facilitator: Dr. Marcia Kostenuik MD

Fee: \$250 CAD

Early bird rates: \$200 before/on July 1, \$225 before/on Sep 1, 2021

(Compassionate fee reduction available, enquire by email for details)

Registration Instructions:

A. Make payment by e-transfer to: marcia@drkostenuik.com

B. Email the Following Registration Information to: marcia@drkostenuik.com

- 1. Full Name** (Legal Name, other name(s) if applicable)
- 2. Cell phone number** (You may receive text msg updates)
- 3. Province/Country**
- 4. Profession**
5. Specialty (if applicable)

6. Other areas of interest (work/other)
7. Goals/What do you hope to gain from this course?
8. Indicate that you agree to the terms of agreement (see terms below)

Agreement

By registering for this online interactive series, you are agreeing to the following:

- This series is not psychotherapy or medical advice
- You are responsible to decide which practices and modifications suit you
- The privacy of all participants will be respected
- You will not share Zoom links with others not registered in the series
- If you require psychotherapy or other mental health support you will contact your physician or other appropriate mental health care provider
- If the course is full at the time you register your registration fee will be refunded

*Thank you again for your interest in registering for the **Finding Stillness: Mindfulness, Meditation, Deep Relaxation** series. Wishing you good health, peace and wellness.*

Feel free to reach out with questions to marcia@drkostenuik.com. Once your e-payment is received your spot will be reserved and you will receive more information shortly thereafter.

Wishing you well, and looking forward to seeing you soon,
-Dr. Marcia Kostenuik