



# AWBURY ARBORETUM

## HEARTH AND HORTICULTURE SERIES

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### Mindfulness Meditation in Nature

*With Deborah Cooper &  
Kim Empson*

*Sundays, April 14th - May 20th,  
1:30 - 3:00pm*



**The Francis Cope House  
at Awbury Arboretum  
One Awbury Road, Philadelphia, PA 19138**

“Mindfulness means paying attention in a particular way, on purpose, in the present moment, without judgment” Jon Kabat-Zinn.

In this practical course, participants will learn several different mindfulness meditation techniques that can be practiced on a daily basis. We will include nature-based exercises amidst the natural beauty of Awbury’s historic trees and gardens. There will be ample time for discussion of individual experience as well as some didactic information about the origins and theoretical foundation of this type of meditation practice. Participants will receive a practice CD and some written handouts to support the course.

Mindfulness Meditation is a practice that has been scientifically shown to be of benefit to people confronting a variety of physical and psychological issues, such as high blood pressure, chronic pain, anxiety, depression and stress. Decreased pain and an increased sense of well-being are two of the many gifts that may be experienced as a result of practicing Mindfulness Meditation’s simple yet powerful techniques.

Deborah Cooper, M.Ed., is a licensed professional counselor. She has studied Mindfulness Stress Reduction at Thomas Jefferson University Hospital and taught several courses in Mindfulness Meditation. She has a committed personal meditation practice.

Kim Empson, M.Ed., is an environmental educator at Awbury Arboretum. She has been guiding natural history and ecology walks for children and adults for 10 years. She has recently begun her own mindfulness meditation practice and has studied nature-based meditation at Omega Institute.

**Cost: \$100 for the six-week class (including materials). \$15 per class.**

*Members of Awbury Arboretum receive a 10% Discount on all classes!*

**To register by mail, send check payable to “Awbury Arboretum”  
with “H&H” and the title of your class in the memo to:**

Education Department  
Awbury Arboretum  
One Awbury Road  
Philadelphia, PA 19138

**To register online, visit [www.awbury.org/hearth-hort](http://www.awbury.org/hearth-hort)  
Questions? Please call 215-849-2855 x 21.**