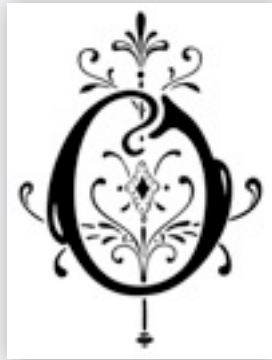


ABC



CALM

The CALM Program is an "Auditory Visualization Experience" where we practice training our mind in relaxation and resilience via regular meetings.

During each 25 minute session, sit back, relax and listen to a guided tour of the ABCMIND framework of thinking and living more fully engaged with: (1) your relaxation response, (2) your love of beauty, (3) healthy interconnectedness and (4) the development of purpose-filled habits.

Sharing a private space with other creative people who are focused on taking time out from busy life to calm the heart and mind ... leads to increasing resourcefulness, self-compassion and effectiveness.

We accomplish our CALM (TM) goals by mindfully breathing and letting go of the body tensions that have accumulated during the week and by mentally answering the questions posed by the CALM guide. We move out of states of worry, procrastination and negative thinking, while building flexible internal resources. Together we learn from the warm voice-tour of the instructor and our own observation.

In addition to providing a lovely strengthening experience, we prioritize privacy and a regular space to practice these skills, thus you may join us from wherever you live from the comfort of your own home via either Web-Interface or our Phone-Meetings.

*abcmind*