



Rest & Return: Mindfulness & Meditation For All



What is Rest & Return?

Rest & Return is a space to learn and practice mindfulness meditation. The practice is all about resting our minds and returning back – whether that is each moment, daily, weekly or monthly. Rest & Return is accessible to everyone, no matter where you are in your journey. Rest & Return includes:

- Exploration of a variety of meditation styles
- Self-compassion
- Breath work
- Guidance and discussion
- A trauma- sensitive lens

What is Mindfulness & Meditation?

Mindfulness is the practice of being gently aware and fully present in our lives.

Meditation is a formal practice of mindfulness dedicating time to focusing attention on one thing.

What are the benefits of meditation?

People practice meditation for many reasons – to support physical and/or emotional health, as a spiritual practice, to enhance creativity, or a way to simply “re-set” in our busy world. Some benefits of practicing meditation are:

- Improved health and immune functioning
- Decrease symptoms of anxiety and depression
- Emotional resiliency
- Improved concentration, creativity and productivity
- Much needed relaxation or stress reduction

What can I expect?

5:00 – 5:45 PM Sessions will include check-in, learning from a skilled facilitator, and guided practice. Each session will explore different styles and ways of practicing meditation and mindfulness. \$10 or \$30 for 4 sessions

5:45 – 6:15 PM Silent Sit
No cost and open to all

*You do not need to attend both

How do I sign up?

You can drop in to each session or sign up for a session online at omahaic.com or by calling us at 402-934-1617.