

Friday Night Candlelight Yoga with [Jessie Norris Taylor](#)

Fri Date: 6/10/2016 From: 8:00 pm - 9:30 pm

Join us for this flowing and soothing candlelight flow class. Through gently energetic and continuous flow we release tension and balance energy, while soft candlelight sets an ambiance to calm the mind and explore inner depths.

Cost: \$20

As with all TMC programs, proceeds support our charitable and educational community wellness programs, such as Mind-body for Cancer and Mindfulness in Education.



[Sign Up Now!](#)

Weekend Meditation Retreat (Advanced Meditation Seminar M200 - 8hrs)

Experiential in nature, the Advanced Meditation Seminar takes the practitioner deep into the realms of personal awareness and integration with the universal field of awareness - ultimate consciousness. The practitioner learns to process issues that may arise on this transformational journey. As the practitioner learns to deepen their own practice, they learn to guide others to do the same. Cost: \$149 (Advanced Meditation Seminar, 8 hours.)



Weekend Meditation Retreat: Friday with [Deborah Norris, Ph.D.](#)

Fri Date: 6/17/2016 From: 6:30 pm - 9:30 pm

You will be able to:

- Take your mindfulness practice to the next level.
- Explore the transcendent nature of meditation by immersing yourself in the field of awareness.
- Share in the powerful energy of group meditation.
- Retreat to meditate right here in Washington, without the cost of travel and lodging.

Friday Retreat Cost: \$60

Weekend Meditation Retreat: Saturday with [Deborah Norris, Ph.D.](#)

Sat Date: 6/18/2016 From: 12:00 pm - 5:00 pm

This retreat allows you to go deep into the realms of personal awareness and integration with the universal field of awareness - ultimate consciousness. You will learn to process issues that may arise on this transformational journey.

Saturday Retreat Cost: \$100

[Sign Up Now!](#)

Friday Night Candlelight Yoga with [Jessie Norris Taylor](#)

Fri Date: 8/12/2016 From: 8:00 pm - 9:30 pm

Join us for this flowing and soothing candlelight flow class. Through gently energetic and continuous flow we release tension and balance energy, while soft candlelight sets an ambiance to calm the mind and explore inner depths.

Cost: \$20

As with all TMC programs, proceeds support our charitable and educational community wellness programs, such as Mind-body for Cancer and Mindfulness in Education.



[Sign Up Now!](#)

Pranayama Breathwork with [Deborah Norris, Ph.D.](#)

Sat Date: 8/13/2016 From: 12:00 pm - 2:00 pm

Join Deborah Norris, Ph.D. and Jessie Norris Taylor!

The practice of cultivating conscious connection with the vital life force. More than just breathing exercises, the practice of pranayama leads to improved health, emotional state and quality of life. In this program you will learn the ancient art of pranayama practices to cultivate optimal well-being, and the modern science of applying specific breathing practices for specific elements of health. In this class Dr. Norris will share personal stories and case histories of the use of pranayama to treat specific conditions. You will learn to cultivate prana to promote peace, happiness and bliss in your own life.

Cost: \$40

This workshop counts as 2hrs towards The Mindfulness Center Meditation Teacher Training Program (Y301), Yoga Teacher Training Program or Yoga Alliance CEUs.



[Sign Up Now!](#)

Weekend Meditation Retreat (Advanced Meditation Seminar M200 - 8hrs)

Experiential in nature, the Advanced Meditation Seminar takes the practitioner deep into the realms of personal awareness and integration with the universal field of awareness - ultimate consciousness. The practitioner learns to process issues that may arise on this transformational journey. As the practitioner learns to deepen their own practice, they learn to guide others to do the same. Cost: \$149 (Advanced Meditation Seminar, 8 hours.)



Weekend Meditation Retreat: Friday with [Deborah Norris, Ph.D.](#)

Fri Date: 8/19/2016 From: 6:30 pm - 9:30 pm

You will be able to:

- Take your mindfulness practice to the next level.
- Explore the transcendent nature of meditation by immersing yourself in the field of awareness.
- Share in the powerful energy of group meditation.
- Retreat to meditate right here in Washington, without the cost of travel and lodging.

Friday Retreat Cost: \$60

Weekend Meditation Retreat: Saturday with [Deborah Norris, Ph.D.](#)

Sat Date: 8/20/2016 From: 12:00 pm - 5:00 pm

This retreat allows you to go deep into the realms of personal awareness and integration with the universal field of awareness - ultimate consciousness. You will learn to process issues that may arise on this transformational journey.

Saturday Retreat Cost: \$100

[Sign Up Now!](#)

Mind-Body for Fibromyalgia & Chronic Pain- (M364)

Join health expert and scientist Dr. Deborah Norris in this workshop on recovery from pain. In this seminar, Dr. Norris shares her own story of recovery from fibromyalgia, and the evidence-basis behind the practices for reversing this and other conditions of pain in your life. This program offers you the opportunity of a better quality of life. If you provide treatment or care of individuals with pain, learn the best practices that prove successful in treatment, and the mechanism of action for success, and are now becoming Standard of Care at major medical centers across the country. "Awareness leads to empowerment. Empowerment leads to healthier living." Dr. Deborah Norris. "Awareness leads to empowerment. Empowerment leads to healthier living." Dr. Deborah Norris. Cost: \$159



Mindfulness for Treatment of Pain: Friday with [Deborah Norris, Ph.D.](#)

Fri Date: 9/9/2016 From: 6:30 pm - 9:30 pm

Join health expert and scientist Dr. Deborah Norris in this workshop on recovery from pain. In this seminar, Dr. Norris shares her own story of recovery from fibromyalgia, and the evidence-basis behind the practices for healing chronic pain and other conditions of pain in your life.

Mindfulness for Treatment of Pain: Saturday with [Deborah Norris, Ph.D.](#)

Sat

Date: 9/10/2016

From: 12:00 pm - 5:00 pm

This program offers you the opportunity of a better quality of life. If you provide treatment or care for individuals with pain, learn the best practices that have proven successful in treatment, and the mechanism of action for success. Mindfulness and other mind-body therapies are now Standard of Care at major medical centers such as the National Institutes of Health, the Department of Veterans Affairs and Harvard University Medical School. "Awareness leads to empowerment. Empowerment leads to healthier living." Dr. Deborah Norris.

[Sign Up Now!](#)

Weekend Meditation Retreat (Advanced Meditation Seminar M200 - 8hrs)

Experiential in nature, the Advanced Meditation Seminar takes the practitioner deep into the realms of personal awareness and integration with the universal field of awareness - ultimate consciousness. The practitioner learns to process issues that may arise on this transformational journey. As the practitioner learns to deepen their own practice, they learn to guide others to do the same. Cost: \$149 (Advanced Meditation Seminar, 8 hours.)



Weekend Meditation Retreat: Friday

Fri

Date: 11/18/2016

From: 6:30 pm - 9:30 pm

You will be able to:

- Take your mindfulness practice to the next level.
- Explore the transcendent nature of meditation by immersing yourself in the field of awareness.
- Share in the powerful energy of group meditation.
- Retreat to meditate right here in Washington, without the cost of travel and lodging.

Friday Retreat Cost: \$60

Weekend Meditation Retreat: Saturday

Sat

Date: 11/19/2016

From: 12:00 pm - 5:00 pm

This retreat allows you to go deep into the realms of personal awareness and integration with the universal field of awareness - ultimate consciousness. You will learn to process issues that may arise on this transformational journey.

Saturday Retreat Cost: \$100

[Sign Up Now!](#)

Weekend Meditation Retreat (Advanced Meditation Seminar M200 - 8hrs)

Experiential in nature, the Advanced Meditation Seminar takes the practitioner deep into the realms of personal

awareness and integration with the universal field of awareness - ultimate consciousness. The practitioner learns to process issues that may arise on this transformational journey. As the practitioner learns to deepen their own practice, they learn to guide others to do the same. Cost: \$149 (Advanced Meditation Seminar, 8 hours.)



Weekend Meditation Retreat: Friday with [Deborah Norris, Ph.D.](#)

Fri Date: 12/9/2016 From: 6:30 pm - 9:30 pm

You will be able to:

- Take your mindfulness practice to the next level.
- Explore the transcendent nature of meditation by immersing yourself in the field of awareness.
- Share in the powerful energy of group meditation.
- Retreat to meditate right here in Washington, without the cost of travel and lodging.

Friday Retreat Cost: \$60

Weekend Meditation Retreat: Saturday with [Deborah Norris, Ph.D.](#)

Sat Date: 12/10/2016 From: 12:00 pm - 5:00 pm

This retreat allows you to go deep into the realms of personal awareness and integration with the universal field of awareness - ultimate consciousness. You will learn to process issues that may arise on this transformational journey.

Saturday Retreat Cost: \$100

[Sign Up Now!](#)