



WOMEN
IN
RECOVERY

SPEAKER SERIES

FOURTH WEDNESDAY OF THE MONTH
7 - 8:30 P.M. CDT ON ZOOM

LEARN • GROW • CONNECT

The mission of Women in Recovery is to create a caring community that provides education and spiritual growth opportunities for women in 12-step recovery programs.

APR 28

2021

MINDFULNESS, WELLBEING, AND RECOVERY

Mariann Johnson

A growing body of research has begun to point to the numerous benefits of mindfulness practice. Studies indicate that mindfulness can enhance emotional and physical wellbeing, resilience, and relationships, as well as help with healing from addictive behaviors. This experiential session will introduce you to mindfulness and highlight the work of researcher Judson Brewer, M.D., PhD, and his groundbreaking book, *The Craving Mind*.



MARIANN JOHNSON is a wellbeing and mindfulness instructor at the University of Minnesota Earl E. Bakken Center for Spirituality & Healing. Before dedicating her professional life to teaching mindfulness, Mariann was an accomplished organization development consultant and mediator, working with Fortune 500 companies, government agencies, and nonprofits. Since 2010, she has designed and taught mindfulness programs throughout the US in corporate, professional, and academic settings. Mariann has practiced mindfulness meditation for over 25 years and studied with international leaders in the field.

She completed extensive Mindfulness-Based Stress Reduction (MBSR) teacher training through the Center for Mindfulness at the University of Massachusetts, founded by Jon Kabat-Zinn, and received her MBSR teacher certification from the Mindfulness Center at Brown University. Her writings have appeared in the Huffington Post and Mindful Magazine.

Please note new meeting ID!



MEETING ID: 935 0755 8272 • PASSWORD: 259602
LINK: zoom.us/j/93507558272 • PHONE-IN: 312.626.6799