

Primary reasons for attending eight session Insight and Mindfulness course:

- _____ spiritual ~ being peace; seeking wisdom, balance, compassionate action
- _____ physical health
- _____ mental health and sense of well being
- _____ relationship skills
- _____ attention skills (need to be more open or more attentive)
- _____ professional development - job skills
- _____ professional - secondary support for your work in helping profession
- _____ Other _____

Follow up Support

Spectrum Center,
4100 Westheimer, Suite 233
Houston, TX 77027
unless otherwise stated

Individual Sessions

Online Meditations, Courses,
and Practice Books
www.nutpub.com

Group Events

Weekly Meditation: Monday 7-8:30pm
suggested donation \$10-20
Insight Mindfulness and Creating Courses
Insight Meditation/Vipassana Retreats
Residential Retreats

Special Populations

Meditating Mental Health Professionals
Third Fridays 11am-1pm

More Information and Registration Forms
www.citta101.org/meditationcourses.html



Citta 101
Mary Rees, MS
P.O. BOX 20161
Houston, TX 77025
voicemail: 713-662-2734
mary@citta101.org
www.citta101.org

Private Insight and Mindfulness Course

includes
assessment of executive skills
and individual consultation

Citta 101
Premiere Course

Mary Rees, MS
MeditationTeacher

Insight and Mindfulness

Spectrum Center,
4100 Westheimer, Suite 233
Houston, TX 77027

Eight Session Private Meditation Course
Individual Professional Assessment
CDs, Practice Books, Day Retreat

This comprehensive course is not only an excellent beginning experience in meditation, but offers opportunity to broaden and deepen an established practice and to integrate an evolving consciousness more fully into professional and personal life. It, or a similar comprehensive course, is recommended as a foundation for the entire continuum of courses offered by Citta 101 and Mary Rees.

The course includes important elements from both ancient and contemporary research-based teachings: Insight Meditation, Vipassana, Contemplative Prayer, Mindfulness Based Stress Reduction (MBSR), and Mindfulness Based Cognitive Therapy (MBCT).

The student begins to deepen intimate experience of his/her own mind and body processes. Through this awareness s/he enriches previous professional skills and training by developing strength in observing processes, in disidentifying with content, and in awareness of unfolding processes at increasingly subtle levels. The health professional, through this capacity, can intentionally foster qualities of mind conducive to healing and has the essential basic skills necessary for using mindfulness in clinical applications.

Participants receive an individual assessment, a measure used by Fortune 500

companies to develop executive skills. The results, combined with mindfulness and insight instruction, and individual consultation will provide a clear and accurate picture of individual stressors and stress behaviors, the means for skillful living, and a basis for writing a life plan in line with the hearts desire. The combined experiences provide a foundation for becoming a conscious creative force in one's own life.

Ongoing support is available through public groups for donations or private individual sessions.



The teacher, Mary Rees, MS, helps students recognize their innate wholeness, come to freedom from conditioning, and open to life of great possibility. For the past nineteen years she has been teaching the development of the higher cognitive skills of insight, mindfulness, and creating. She encourages students in expansion of conscious awareness, to increased clarity and precision of observation, and teaches means of integrating all these into personal and professional aspects of daily life. Mary has written an introduction to these processes in her book *Being Prayer—Transforming Consciousness* and offers support for learning to live life in grace and ease through courses, small groups, and individual sessions in private and public venues.



The \$800 fee includes eight one hour sessions, assessment fees, and materials (including CDs and workbooks). A \$200 deposit will hold your place. Cancellations made a week before the first session will be refunded less 20% of the deposit.



Continuing Education Status - applied for August 2008 Read more about this course at www.maryrees.com/ceinsight.html. IF APPROVED the following statement will apply: Citta 101 is approved by the American Psychological Association to sponsor continuing education for psychologists. Citta 101 maintains responsibility for this program and its content.

How to Register

Detach and mail this form with your deposit to: Citta 101, PO Box 20161, Houston, TX, 77025
Make checks or money orders payable to Citta 101. Or register on line at www.citta101.org/mbsrprivate.htm

Name _____

Street Address _____ City _____ State _____ Zip _____

Email _____ Preferred Phone _____

Experience (none needed) _____

Deposit of \$200 enclosed: _____ or Amount enclosed: _____