



About the Instructor

Elizabeth (Libby) Yokum, LCSW-R, RYT, has been in social work practice in the Plattsburgh area for over 30 years working primarily with teens and adults in individual, family and group settings. Trained in Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT) with staff from University of Massachusetts Medical Center she offers groups and workshops both in and out of the studio.

Yokum is also a certified Hatha Yoga instructor and offers Hatha Yoga classes in an Anusara influenced mindfulness style. Along with private referrals, she has worked with various agencies and organizations throughout the Northern New York region.

Cultivating kindness in daily life; giving yourself a break.

What are you waiting for?

Do you think you have to have everything in order, the dishes done, the phone calls made, the desk cleared, before you deserve to be kind to yourself? Is rumination, stress, depressed thinking, worry or anxiety your frequent companion? Are you waiting to exhale?

You can give yourself a break by cultivating a different way of relating to your dark self-talk whether that chatter is about your mood, attitudes, habits, relationships, food, body, work, family or our world. Develop an attitude of caring and kindness.

Are you waiting for the right time?
The right time is NOW.



To register please call:
Libby Yokum, LCSW-R
561-2869 #1 or
Email: adkconnections@charter.net



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A MINDFULNESS-BASED COGNITIVE BEHAVIORAL PROGRAM for WOMEN:

**Opening to Your Life
With Greater Truth,
Understanding and Simplicity**

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Wednesdays
5:00-7:00 pm

March 14, 21, 28, April 4, 11, 18th
6 weeks

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Adirondack Connections
Libby Yokum, LCSW-R, RYT
22 US Oval, #122
Plattsburgh, N.Y. 12903
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“The lotus is considered to be a very holy and divine flower. Not just because of its beauty, but also because of its qualities. A lotus flower grows in very shallow water, usually in a muddy area. Though it comes out of the mud and mire, it rises as a beautiful flower that lives in the water without being affected by it.

“It is said, "Live like a lotus in the water." The lotus leaf is right in the water, but it's never moistened by the water. When you pick it up, it's completely dry. It never gets wet. If you throw a little water over it, the water will roll off and scatter around like pearls.

“The lotus flower turns its head towards the sun always. That means it always turns towards the light; it receives the light constantly. So you can say it's an ever-enlightened flower.

-Swami Satchidananda



Consider the possibility that like the lotus flower we too can open from the dark muck in our lives and turn towards our goodness. The lotus as a symbol of love and devotion reminds us that we can cultivate compassion and kindness, understanding and a steady commitment to our lives.

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A Mindfulness-Based Cognitive Behavioral Program for Women

Time

March 14,21,28, April 4,11,18th
6 weeks

Wednesdays 5:00-7:00 pm

Where

ADK Yoga
22 US Oval #122
Plattsburgh, NY 12903

Cost

\$200

includes all materials
(workbook, CDs, handouts)

To Register

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The Intention

of this mindfulness-based cognitive behavioral program is to learn to be more fully in our life just as it is. NOW.

- During this program we will be using various mindfulness practices including meditation on the breath and body, loving-kindness meditation, mindful walking and movement.
- There will be in-depth exploration and discussion about thoughts, feelings and sensations leading us towards a greater understanding of how they affect our stress, depressed thinking, anxiety and many aspects of our life.
- Each class will include practice, discussion, homework with CD and notebook (provided)
- The commitment to attend each session and to practice at home will significantly enhance your awareness and understanding.
- This is an experiential approach to learning a new way of being with the joys and sorrows in our life.