

MEDITATION NEWS ITEM



New Mindfulness Meditation Opens in South Miami

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Based upon the guiding principle that by increasing awareness, individuals can become more connected to their daily lives, *mindfultime*, a new mindfulness meditation studio, has opened in South Miami. Mindfulness meditation teaches the participant to live in - and be aware of - the present moment by focusing concentration on many aspects of an individual's experience. Meditation at *mindfultime* uses a secular approach, as opposed to a religion-based approach, thereby opening the opportunity for participation of people from all faiths.

Meditation Coach Alice Lash founded *mindfultime* recognizing the need and the opportunity to bring mindfulness meditation to over-stressed and time-crunched Miamians. "By intentionally paying attention to the present moment," Lash says, "mindfulness meditation teaches how to relate directly to whatever is happening and how to connect more fully with one's inner self. "Often times, external factors such as our jobs, our families, our countless responsibilities can certainly have a negative impact on our well-being," she says. "By practicing mindfulness meditation, we learn to manage life better and reduce the physical and emotional stresses of these external factors."

Scientific studies support the positive benefits of mindfulness meditation practice. These benefits include relieving anxiety, worry or depression in order to successfully elevate a sense of well-being, Lash says. Additionally, mindfulness meditation can increase self-awareness, self-trust, and self-acceptance; enhance one's appreciation of life; help cope with adversities; improve concentration; and even positively affect the physical body.

Ultimately, mindfulness meditation cultivates a state of "being" rather than "doing" in which participants pay attention to the present moment, rather than to the past, the future, "what ifs," or other distractions. "Mindfulness is already within us," she added. "The key is learning how to cultivate it and bring it into the flow of everyday life."

Lash began her professional career as an attorney at a large South Florida law firm. She has served on the executive boards of several non-profit organizations and has devoted substantial time to volunteer activities. She began practicing mindfulness meditation in 2003 as a way to reduce stress and help her balance work and family life. Lash has obtained training in teaching mindfulness meditation through the Residential Training Retreat for Professionals, taught by Drs. Jon Kabat-Zinn and Saki Santorelli of the University of Massachusetts Medical School's Center for Mindfulness.

mindfultime is located at 7800 Red Road, Suite 207B, in South Miami. Guided group classes, individual sessions and special workshops are now available. For more information, including class schedules and rates, visit www.mindfultime.com, email alice@mindfultime.com, or call (305) 761-5001.

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