

INSTRUCTOR

Kerry Alan Rasp is a meditation instructor, MBSR facilitator and life coach. He completed his training in Mindfulness Based Stress Reduction (MBSR) with Jon Kabat-Zinn at the Umass Medical Center in 2000 and at Coach U in 2001.

Kerry has been practicing meditation, primarily in the Theravada tradition for over 12 years and his teachers include Joseph Goldstein, Christopher Titmuss, Jack Kornfield, Stephen Batchelor, Bikkhu Bodhi and Shinzen Young.

He is on staff at Summit Psychological Services, a psychotherapy practice in New Jersey, and teaches meditation at Montclair State University.

He regularly leads meditation groups throughout the NY/NJ metro area, and workshops to a variety of companies and organizations. He also enjoys traveling around the country sharing the experience of mindfulness wherever he goes.

Those who most benefit from his training include young adults, parents, caregivers, entrepreneurs, who are in transition, stressed out, in chronic pain or anyone seeking to live a clear minded, simple and fulfilling life.



WORKSHOPS AND CLASS POLICY

The Watchung Arts Center classes are filled on a first come first serve basis. Registrations are accepted when they are accompanied by a completed registration form and payment in full.

Refund Policy: 3 or more weeks prior to start of classes, full refund less \$25 registration fee. Up to 2 weeks prior to start of classes, 50% refund. No refunds thereafter. Classes cancelled due to inclement weather will be rescheduled.

Payment by Check or Money Order Only (please make payable to Watchung Arts Center). You will be contacted by the Instructor prior to class.



18 STIRLING ROAD
WATCHUNG, NJ 07069

PHONE: 908-753-0190

E-MAIL: WACENTER@OPTONLINE.NET

WEBSITE: WWW.WATCHUNGARTS.ORG

THE WATCHUNG ARTS CENTER

PRESENTS

TAMING THE MONKEY MIND



INTRODUCTION TO MINDFULNESS MEDITATION

WITH KERRY RASP

TAMING THE MONKEY MIND

Classes will run for 6 consecutive weeks

Thursdays from 7:30 PM to 8:30 PM

February 16, February 23, March 1, March 8, March 15, March 22

Introduction to Mindfulness Meditation with Kerry Rasp Forgot How to Relax?

Mindfulness Meditation is a 2,500 year old Buddhist practice that is increasingly relevant for the crazy and stressful time in which we live. Many of us feel that our lives are out of control; so much to do, always thinking and planning, and never catching up. It is as though we have forgotten how to relax and enjoy the simple pleasures of life. Meditation is a means of stepping aside from this ongoing life drama for a few minutes each day to calm down, clear your mind, and gain a better perspective on things. You return to your daily life feeling refreshed, restored, and a little wiser.

In each 1 hr class, visiting instructor and life coach, Kerry Alan Rasp, will offer basic instructions in mindfulness meditation, lead a guided meditation, share simple techniques to calm the monkey mind, and allow time for discussion. The class itself is a relaxing and quieting, engaging experience.

FEES: \$96 six-week subscription
 \$91 WAC member subscription
 \$18 walk-ins (please complete registration first class only)

WATCHUNG ARTS CENTER EDUCATIONAL PROGRAMS

Payment by Check or Money Order Only (please make payable to Watchung Arts Center). Mail Completed Registration Forms and Payment to: The Watchung Arts Center, 18 Stirling Road, Watchung, NJ 07069

STUDENT INFORMATION	
First Name:	Last Name:
Address:	
City:	State: Zip:
High School/College (if applicable):	
EMERGENCY CONTACT INFORMATION	
Please circle one: Mr. Mrs. Ms. Miss Dr. Prof. Other _____	
First Name:	Last Name:
Relationship to student:	
Address (If different from above):	
City:	State: Zip:
Home Phone:	Mobile Phone: Email Address:
How did you find out about us?	
Class Information	
(Program Title, Date and Time)	Class Fee
1)	
2)	
3)	
WAC Membership Levels (Student \$10, Individual \$35, Family \$50, Senior Couple \$35, Senior Individual \$25) per year	
	(plus)
TOTAL ENCLOSED	
Check this box if your photo <i>may</i> be posted to our website, newspaper publicity, or flyers. <input type="checkbox"/> Check this box if your first name <i>may</i> be posted to our website, newspaper publicity, or flyers. <input type="checkbox"/> Check this box if WAC <i>may not</i> use my photo for website, newspaper publicity, or flyers. <input type="checkbox"/>	

For More Information on this or other classes visit WatchungArts.org or email wacenter@optonline.net.