



**The Virtual Center for  
Health and Wellness:**  
Advancing the Human Condition

**N** National  
UNIVERSITY

**Presents...**

*A 2-Month Introduction series*

## **PERSONAL INTEGRATION OF MINDFUL LIVING**

**OCTOBER 14TH, 10-11AM PST & NOVEMBER 4TH, 10-11AM PST**

Embodying Ethical Principles for Living a  
Mindful Life

*This training hour will offer an introduction to the extended cohort program beginning January 2023. We will look at ways that mindfulness is grounded in clear intentions of how we are in the world – both in our personal and professional lives. Our exploration will include an orientation to our different cultural identities and our position to increase social justice through mindful living.*

Contact [zbellin@nu.edu](mailto:zbellin@nu.edu) with any questions

Posture, Intention, and Anchor (PIA):  
Foundations for Mindful Living

*This second hour of introduction to the extended cohort program will be an experiential practice, considering three foundations of living a life imbued with mindfulness. We will explore how to integrate posture, intention, and anchor as a connective frame through life's many activities.*

**Zvi, Bellin, PhD, LPCC**

**REGISTER  
HERE**



### **This series will introduce a 5-month cohort series: Integrating Mindfulness into Professional Service**

In January 2023 a 5-month in-depth training will begin for those that want to deepen their integration of mindfulness practices into their clinical/coaching/service work. There will be one monthly meeting (2 hours) with the cohort facilitator (Dr. Zvi Bellin) that will orient a monthly focus with a clinical case presentation and highlighting specific integration skills. Participants will be encouraged to engage in a daily-life mindfulness practice of their choosing. Participants will be paired up as accountability buddies for check-ins every 2 weeks. The cohort facilitator will suggest a framework for each accountability buddy check in. The cohort will share resources that connect with the theme of the training and will offer weekly wellness practices through the Whole Person Center for the entire NU community. A highlight of this program will be the integration of multicultural competency and a trauma-informed lens when engaging in Mindfulness Integrated Psychotherapy.

PARTICIPANTS WILL EARN A CERTIFICATE OF COMPLETION AT THE CONCLUSION OF THIS TRAINING



**[HTTPS://WWW.NCU.EDU/CENTER-HEALTH-AND-WELLNESS](https://www.ncu.edu/center-health-and-wellness)**