

Meditation: Tuning In

Webinar May 7, 2020

1. Observe your breath for 6 breaths.
2. Exhale by gently contracting lower abdomen inward & upward for 6 breaths.
3. Exhale using above technique for 4, 5, 6, 7 seconds, etc. to maximum comfort level for 2 breaths per interval.
4. Stay at maximum for 6 breaths.
5. Rest.
6. Inhale and exhale freely for 6 breaths.



Dr. Jennifer Boyce, C.Psych.

Dr. Boyce is a Registered Psychologist in Ontario with over 19 years of professional experience working in clinical and organizational settings. Dr. Boyce holds an Honours B.A. degree in Psychology from McMaster University and a Masters in Counseling and a Doctoral degree in Counseling Psychology from Arizona State University. She is a member of the Ontario Psychological Association, Canadian Psychological Association, and the American Psychological Association. In addition, Dr. Boyce is a certified yoga therapist with over 3 years of specialized training in the application of yoga techniques to address specific physical and mental health conditions. Furthermore, she has a daily mediation practice and has learned mindfulness practices from Tibetan lamas over the last several years.

Visit Dr. Boyce's website at www.getinflow.ca or contact her at (647) 343-7068 or jboyce@getinflow.ca to explore how applying mindfulness could help you and your organization.

- Mindfulness Workshops & Groups
- Psychological Assessment & Counselling
- Yoga Therapy