



Christine Rapp Dombrowski, Ph.D.

Mindfulness Coaching Packages

Complimentary Conversation 30-Minute Taking The First Steps Conversation

*Provides the opportunity to talk about what mindfulness is and how it can fit into your life; what different mindfulness approaches & practices are possible; which would suite your lifestyle and personal desire for a more mindful life; and how *finding dharma's* mindfulness programs can help you begin traveling your own, unique path to a mindful life of harmony, compassion, and peace.*

Includes:

- 30-minute Introductory Conversation

Reach out to me via email to schedule your call:

ChristineDombrowski@finding-dharma.com .





Christine Rapp Dombrowski, Ph.D.
Mindful Coaching Package 1

The Keys to a Mindful Life
Three 60-Minute Coaching Sessions \$155

This package introduces you to key foundational practices to living a more mindful life to start you on your path to mindful living.

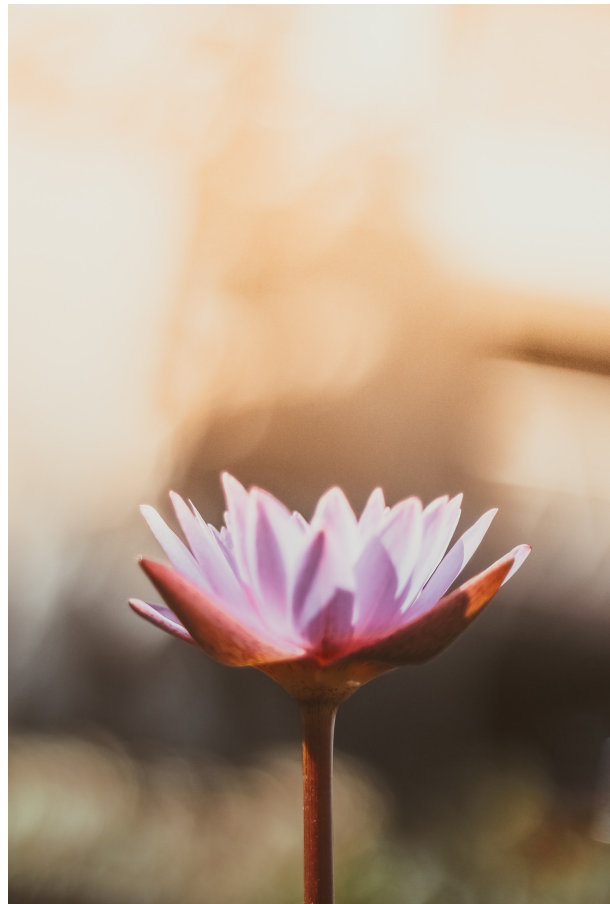
The First Key: In this session you will be introduced to 3 *Foundational Mindfulness Methods* of meditation and awareness exercises which will allow you to begin practicing mindful awareness without judgement.

The Second Key: In this session, we will focus on self-empowerment through practicing *Active Living: The Pause & Choice*. We will explore these aspects of mindfulness through meditation, body & emotional awareness exercises, self-reflection journaling prompts and free-flow writing exercises.

The Third Key: This last session will allow us to focus on the final core mindfulness practices of *Opening to the Heart* through self-compassion and non-judgement. These two essential aspects to mindfulness allow us to create the authentic lives and to manage the challenges and joys of life while standing in our power with love.

Included are:

- [My Mindful Life Quiz](#)
- *finding dharma* [The Keys to Mindfulness Mini-Workbook](#)





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Mindful Coaching Package 2

The Bridge to a Mindful Life
Three 60-Minute Coaching Sessions \$155



This coaching package builds on the Package 1: The Keys to Mindfulness (described above). In these three sessions, we will begin to really focus in on creating your own mindful practice based on your goals, needs, and lifestyle. Here are just a few examples of what we could focus on during a session (choose 2-3 for this package).

Mindful Movement * Mindfulness for Professions * Mindful Parenting * Mindful Imperfectionism * Managing Stress/ Anxiety * Mindfulness in Nature * Exploring the Present Moment * Mindful Joy & Creativity * Mindful Relationships

Includes: *finding dharma* Bridging to a Mindful Life Mini-Workbook



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Mindful Coaching Package 3

Building a Mindful Life
Six 60-Minute Coaching Sessions \$289

This package is for those who wish to commit to building a mindful practice into their lives. It combines both the **Keys to Mindfulness** and the **Bridge to a Mindful Life** packages into one package.

Included are:

- My Mindful Life Quiz
- *finding dharma* The Keys to Mindfulness Mini-Workbook
- *finding dharma* Bridging to Mindfulness Mini-Workbook
- *finding dharma* Journal

