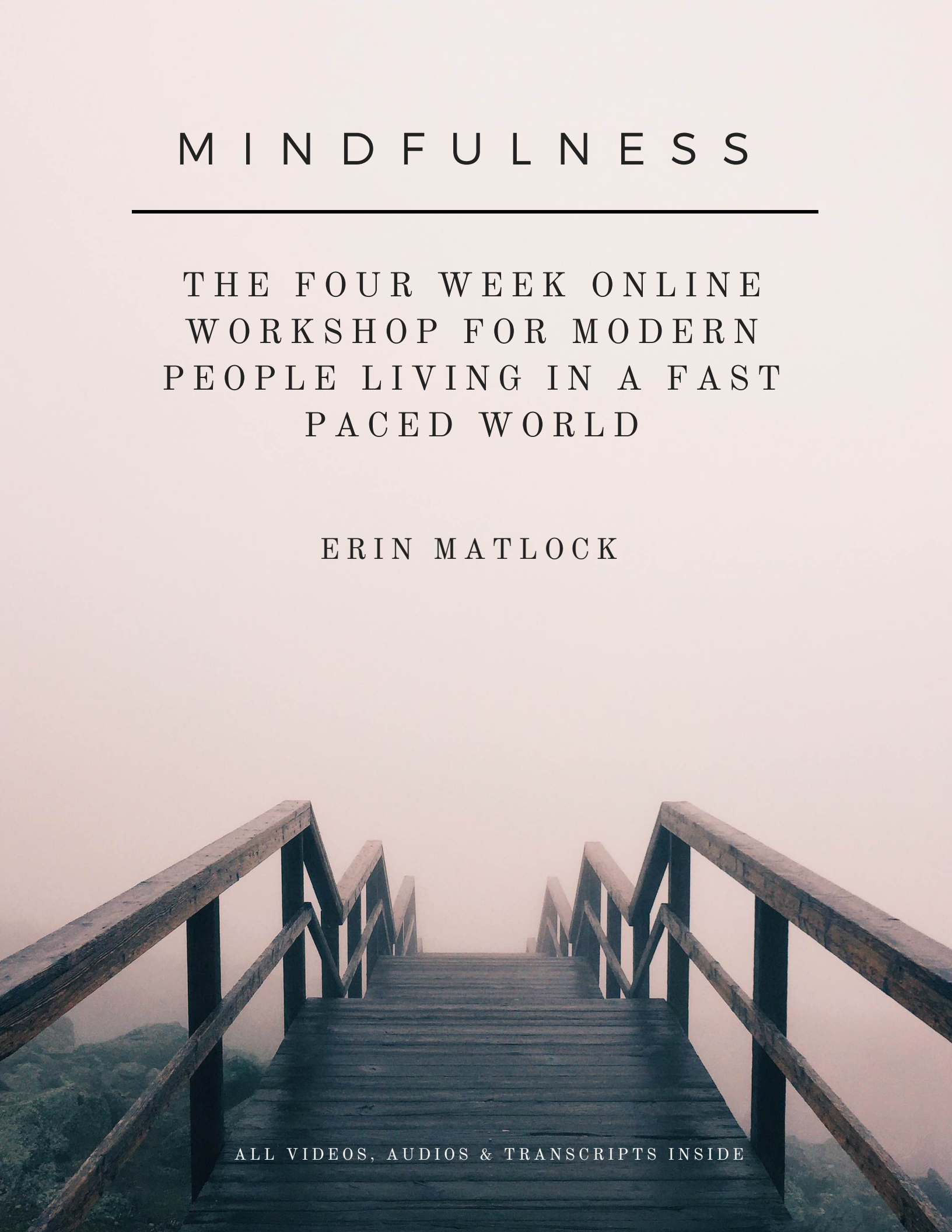


MINDFULNESS

THE FOUR WEEK ONLINE
WORKSHOP FOR MODERN
PEOPLE LIVING IN A FAST
PACED WORLD

ERIN MATLOCK

A photograph of a wooden bridge with railings, leading into a misty, forested landscape. The bridge is made of dark wood and has a series of railings on both sides. The path leads into the distance, disappearing into a thick mist or fog. The surrounding landscape is covered in dense green trees and foliage. The overall mood is serene and contemplative.

ALL VIDEOS, AUDIOS & TRANSCRIPTS INSIDE

THE FULL COURSE



Welcome to The Mindfulness Workshop by
Erin Matlock.

All class videos, audios and transcripts
are conveniently located inside this guide.

CLASS ONE



CLASS ONE

background of Mindfulness,
research and benefits,
informal and formal practice

VIDEO: [CLICK TO DOWNLOAD](#)

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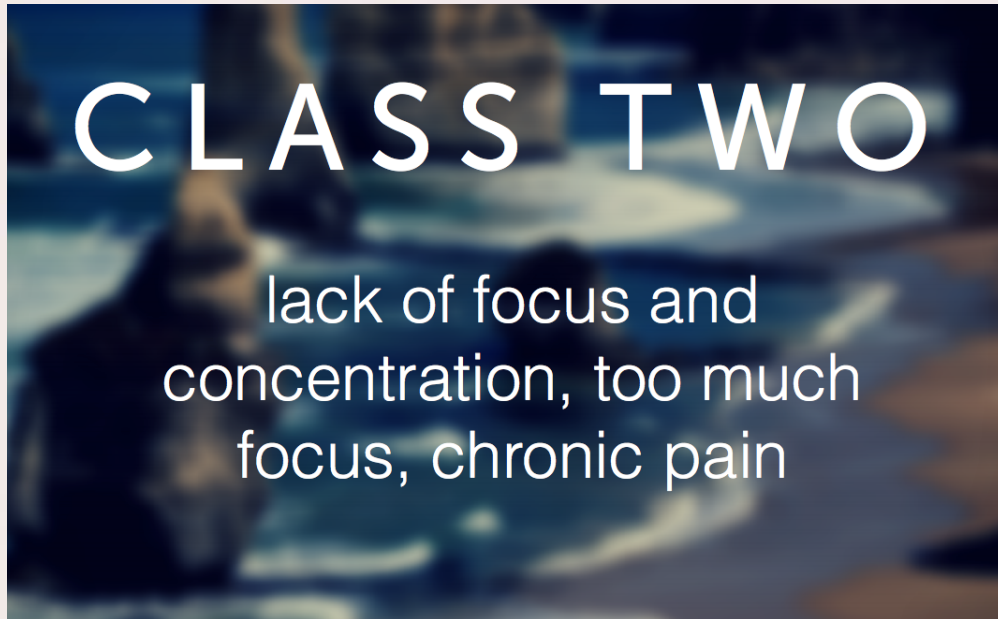
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T R A N S C R I P T S



FULL TRANSCRIPTS OF ALL CLASSES

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A B O U T



Erin Matlock is a writer, artist and globally recognized mindset coach. She is founder of Brain Summit and a dedicated activist and advisor who has spent over a decade in leadership in the brain health, mental health and neurotech markets.

She is an international and TEDx speaker who challenges the stigma of suicide and depression through deeply personal accounts of survival and public recovery.

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