Mindfulness & Athletics

An inspiring evening with Dr. Amy Saltzman

A holistic physician, mindfulness coach, scientist, wife, mother, devoted student of transformation, long-time athlete, and occasional poet, Amy's has supported athletes at all levels in finding flow including Stanford athletes, NCAA MVPs, and national champions.

Free
Registration required, RSVP at CenterForResilience.org

When: Oct. 29, 2018, 7:00 - 8:30 pm
Where: Moses Brown School
The Woodman Family Community and Performance Center
250 Lloyd Ave. Providence, RI

Learn strategies from Amy’s new book “A Still Quiet Place for Athletes” to bring out the best in yourself, your athletes, your team, and your children.

Dr. Saltzman’s presentation will offer specific skills for
• Strengthening mental focus, physical awareness, and emotional resilience.
• Providing specific ways of working with distracting or negative thoughts and feelings.
• Increasing the ability to persevere during periods of plateau, set-back, and injury.