



Minnesota **Zen**
Meditation Center

FOR IMMEDIATE RELEASE

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MINDFULNESS WORKSHOP FOR BUSY PROFESSIONALS COMING IN OCTOBER.

MINNEAPOLIS — JULY 2017 — Meditation expert Dr. Tim Burkett will be leading a one-day workshop for professionals, “Mindfulness at Work: Strategies for a Busy Life,” on Friday, October 20, 2017, at the University of St. Thomas’ Opus College of Business. Burkett will offer mindfulness-based tools and techniques to help people reduce stress and develop emotional intelligence at work.

Burkett has taught meditation for over 35 years. He is the guiding teacher at the Minnesota Zen Meditation Center. Burkett has a Ph.D. in psychology and was trained in mindfulness-based stress reduction (MBSR) techniques by its creator, Jon Kabat Zinn. He has also taught the MBSR series. For many years Burkett was also CEO of People Incorporated, Minnesota’s largest community-based provider of mental health services. He is the author of *Nothing Holy About It*, *The Zen of Being Who You Are* (Shambhala 2015). His second book, *Zen in the Age of Anxiety: Wisdom for Navigating Our Modern Lives*, will be published soon.

Dr. Burkett explains why he thinks professionals who get this instruction and support can increase their calmness, productivity, and overall job satisfaction. “Over the years, I have seen how professionals in all walks of life can learn to diminish their stress and monitor their emotions through some very simple mindfulness techniques. Operating out of touch with your emotions yields bad results. Work life and inner life are not separate.

It's time to break down the dichotomy between work and leisure and teach people they can learn to tap into deep calmness even in the midst of the most stressful work situation."

Meditation gives us a tool to return to our original stillness, and allows us relief from an out-of-control mind that constantly rushes forward into the future or rewinds back to the past," says Burkett. "A growing body of evidence shows meditation has a range of benefits for all types of people — not just for insomnia and anxiety sufferers, but for anyone interested in health and wellness."

This Minnesota Zen Meditation Center workshop is presented in partnership with the following sponsors: Enova Illumination, Global Rights for Women, Maslon LLP and Medtronic.

Tickets for the event begin at \$125, and space is limited to the first 200 registrants. Registration and continental breakfast begin at 7:30 a.m., and the workshop will run from 8:30 a.m. to 4:30 p.m. The event takes place in the Opus Great Hall Rooms at the Opus College of Business, St. Thomas University, Minneapolis. A lunch on the campus is included. To sign up, please visit <http://mnzencenter.org/events.php>.

The Minnesota Zen Meditation Center, located on Lake Calhoun, is the heart of a community dedicated to the practice and teaching of Zen Buddhist meditation. Its mission is to help people experience the deep and quiet joy that arises when one is fully engaged in the work or play of this moment. The Center offers introductory classes on meditation on Sunday mornings and Tuesday evenings. Visit <<http://www.mnzencenter.org>> for more.