



901 North First Street, Suite 225
Springfield, Illinois 62702
MemorialCounselingAssociates.org
Phone (217) 788-4065 • Fax (217) 788-4147

Real Happiness Group

Meditation helps us defuse stress, experience greater tranquility, find a sense of wholeness, strengthen our relationships and face our fears. Meditation helps sharpen focus, lower blood pressure, and reduce chronic pain. Meditation helps protect the brain against aging and improves our capacity for learning new things.

- Sharon Salzberg, *Real Happiness: The Power of Meditation*

Memorial Counseling Associate's **Real Happiness Group** is a skill-based experiential group. In this five-week group, participants learn practices that develop the key skills of concentration, mindfulness and compassion. The group uses Sharon Salzberg's book *Real Happiness: The Power of Meditation* as its foundation. Visit [Sharon Salzberg's Real Happiness website](#) for more information about the book.

The next session of MCA's **Real Happiness Group** will take place every Monday from February 6, 2012 to March 5, 2012 from 7 p.m. to 8 p.m. The group will meet at Memorial Counseling Associates, which is located on Memorial Medical Center's campus at [901 N. First St., Springfield](#).

Participants are asked to purchase the book *Real Happiness: The Power of Meditation* on their own. Most participants are eligible to have the program fee covered by their health insurance.

The first step in registering for MCA's **Real Happiness Group** is an individual meeting with Ruta Kulys, the group leader. To schedule an appointment with Ms. Kulys, please call Memorial Counseling Associates at (217) 788-4065.

Comments from past participants in MCA's Real Happiness Group

I loved the Real Happiness Group. Ruta Kulys perfectly blended an organized, purposeful curriculum into a relaxed and peaceful atmosphere. The training was ideal for anyone seeking a more meaningful, self-assured existence

The group is perfect for anyone who would like to develop a firm grounding in the fundamentals of meditation.

The group is a fantastic way to learn self-awareness.

Ruta is a gifted and talented leader who lives what she teaches.

I don't think you should change anything about the group. I believe that it touched all who attended in a special way.

I truly think that Ruta's mastery of the subject matter brings what is needed to guide the group.



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Meet the Program Leader

Ruta Kulys, LCSW, CYT, is a psychotherapist with more than 20 years of clinical experience. She was trained in Mindfulness-Based Stress Reduction (MBSR) under the supervision of Jon Kabat-Zinn in 2003. She completed the professional training in Mindfulness-Based Cognitive Therapy (MBCT) with Zindel Segal in 2004. She was certified as a Hatha Yoga teacher in 2006 and as a Prenatal Yoga teacher in 2007. In 2009, Ms. Kulys completed a 200-hour certification in Vinyasa Flow Yoga with yogi and author Rolf Gates. She has completed the Phoenix Rising Yoga Therapy Level 1 and 2 trainings and is a member of the International Association of Yoga Therapists. She has participated in meditation training and retreats with various teachers, including Zen Master Thich Nhat Hanh and *Real Happiness* author Sharon Salzberg.