



Doug MacLean

Doug instructs Mindful Yoga and Mindfulness Meditation at Flowing Yogi Studio in Cochrane.

Doug MacLean is the principal of MacLean & Associates. He is an adult educator committed to developing mindfulness-based practices in himself and others. He has been practicing these principles for over 15 years and he has been leading mindfulness meditation and yoga workshops for over 3 years. His workshops are offered at Mount Royal University, U of C, in organizations, and public programs. Doug has a Doctorate in Adult Education, a Master of Arts and a Bachelor of Commerce. He has extensive experience teaching adults with organization in the private, public and not-for-profit sectors. Doug is a certified yoga instructor and he has been practicing yoga for over 20 years.

Doug's approach to mindfulness is modeled on Dr. John Kabat-Zinn's ***Mindfulness Based Stress Reduction Program***. For more information about Mindfulness Based Stress Reduction please visit Doug's website: www.practicalwellbeing.ca

To register for Doug's classes please contact Doug directly:

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