

**Video transcript for: Some inspiration on why to take a mindfulness course**

*\*Lorinda speaking, with sound of ocean waves and wind in the background*

"Hi my name's Lorinda and I'm a certified mindfulness trainer.

There's a famous quote by Jon Kabat-Zinn that says: "You can't control the waves, but you can learn how to surf."

So this is what I hope to do as a teacher, to help with tools and techniques to learn about stress reduction, body awareness, awareness of breath. All things that can help us live in a more mindful way.

So, I hope you'll join me.

Bye for now."