

# Mindfulness-Based Stress Reduction (MBSR)

## Additional Information

Mindfulness-Based Stress Reduction (MBSR) is an intensive eight-week course designed to transform your relationship to stress, improve your health, and increase enjoyment of life. MBSR has been extensively studied since the late 1970s. Research shows that many people report:

### Benefits

- An increased ability to relax and enjoy each moment
- Lasting decreases in physical and psychological symptoms
- Lower pain levels and/or a better ability to cope with pain that may not go away
- Improved self-esteem, self-acceptance, energy and confidence
- Cultivating powerful inner resources for coping with life stressors
- Developing new habits and mindfulness skills that can be used for the rest of your life

### Common reasons for learning these skills are:

- Stress – job, family, financial
- Chronic illness
- Chronic pain or headaches
- Cancer; radiation; chemotherapy
- Anxiety or panic
- Depression
- Sleep disturbances
- Fatigue
- High blood pressure
- Worry about the future
- Enhancing wellness
- Grief or Loss
- Addiction recovery
- Caregiver burnout

The MBSR course consists of eight weeks of 2 ½ hour classes – the first and last classes are 3 hours – with one full day retreat. Classes are highly participatory and practical. The course includes:

- Guided instruction in mindfulness meditation practices (sitting and walking)
- Gentle stretching and mindful yoga appropriate for all ability levels
- Exercises to bring mindfulness to challenging situations in everyday life
- Practice with small and large group discussions
- Daily at-home practice with specially designed materials
- Cushions, chairs, & mats will be provided; wear comfortable clothing.

**To Register:** The course is \$525 and includes 8 classes, the full day retreat, a text, CDs and a workbook. Payment is by check made out to Mindfulness Training Institute of Washington and mailed to MTI, PO Box 3492, Silver Spring, MD 20918-3492. A deposit of \$225 is required to reserve a space with the balance due on the first day of class. Flexible payment options are available upon request.