

# A Course in Mindfulness-Based Stress Reduction:

Powerful methods for reducing stress and learning to actively participate  
in your health and well-being.

**Are you:**

*Stressed by the demands of work or daily life?*

*Dealing with illness or chronic pain?*

*Coping with grief or loss?*

*Affected by anxiety or depression?*

*Inspired to gain more balance and peace in your life?*

**Participate in an 8-week MBSR program and learn to mobilize your mind and body to  
take charge of your life and cope more effectively with stress.**

**Dates:** Eight classes—Sundays in early 2020 (dates TBD), 2:00–4:30 pm, (2:00–5:00 pm on the first  
and last day), plus a full day retreat.

**Location:** Blue Heron Wellness, 10723 Columbia Pike (Route 29), Silver Spring, MD 20901. One-  
mile north of the Beltway (I-495) and University Boulevard. Ten-minute bus ride from the Silver  
Spring Metro (Route Z8).

**Rebecca Hines, MHS, RYT-200**, is an experienced yoga and meditation teacher, holistic health  
counselor, and has taught MBSR for over a decade. She is a graduate of the Spirit Rock  
Meditation Center *Mindfulness Yoga and Meditation Training* program, Spirit Rock *Heavenly  
Messengers – Awakening Through Illness, Aging, and Death* program, Kripalu Yoga Teacher  
Training program, the Meditation Teacher Training Institute, and the Institute for Integrative  
Nutrition.

**Mindfulness-Based Stress Reduction (MBSR) is a transformative eight-week program** developed  
by Jon Kabat-Zinn and colleagues at the University of Massachusetts to systematically teach  
methods of reducing stress and enhancing well-being and peace in daily life. This powerful  
approach applies the principles of mindfulness to the challenges we encounter – both inner  
and outer – in everyday life.

**Tuition** is \$550 for 8 weeks of classes, all course materials, and the full day retreat; supplies to use  
in class are provided. Flexible payment options are available.

**To enroll and for more information, email us at [info@mindfulnesstraining.org](mailto:info@mindfulnesstraining.org) or call 301-649-9090.  
[www.mindfulnesstraining.org](http://www.mindfulnesstraining.org)**