

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?

Eager to gain more balance and peace in your life?

Join us for 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 Sundays from September 14th to November 9th from 2:00 to 4:30 pm, (2:00 to 5:00 pm for the first and last class), and a full day retreat on Saturday November 8th.

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 (Ride On Route #21).

Teachers: **Hugh Byrne, Ph.D.**, teaches with the Insight Meditation Community of Washington and the Smithsonian Resident Associates Program. He has trained in MBSR and Somatic Experiencing, a mind/body approach to healing trauma. Hugh has taught retreats nationally with Jack Kornfield, Tara Brach and Phillip Moffitt. **Rebecca Hines, MHS, CHHC, AADP**, is an experienced yoga and meditation practitioner, a holistic health counselor, and is trained in MBSR.

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.

Tuition is \$525 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 or for more information, email us at info@mindfulnesstraining.org or call 301-649-9090.

www.mindfulnesstraining.org