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?

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, February 25-April 29**, 2:00–4:30 pm, (2:00–5:00 pm on the first and last day), plus a full day retreat on Sunday, April 15 (no class Easter Sunday).

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 or call 301-649-9090.
www.mindfulnesstraining.org