

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 classes, Saturdays from February 18<sup>th</sup> to April 7<sup>th</sup> from 2:00 to 4:30 pm, (2:00 to 5:00  
pm on the first day) and a full day retreat on Sunday April 1<sup>st</sup>.

**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).

**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**, is an experienced yoga  
and meditation practitioner, a holistic health coach, 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 \$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 or 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)