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, February 9–April 5, 2:00–4:30 pm, (2:00–5:00 pm on the first and last day), plus a full day retreat, Sunday, March 22.

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 register visit www.mindfulnesstraining.org
For information, email us at info@mindfulnesstraining.org