

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

