

MINDFULNESS BASED STRESS REDUCTION

An 8 Week Program for Healing and Wholeness

Wednesdays, January 12 - March 2, 2011

6:30 - 9:00 p.m. - Hollister Location

Free Introduction: Wednesday, January 5, 6:30 - 8:30 p.m.

Would you like to take better care of yourself?

Participate in this 8 week program and learn effective skills for dealing with the stresses of everyday life. This course teaches body and mind awareness techniques, such as meditation and yoga, to reduce stress and improve overall well-being.

Mindfulness is the practice of cultivating non-judgmental awareness in everyday life. Using Mindfulness Based Stress Reduction (MBSR) techniques, participants will learn practical methods to foster insight and awareness into their own ways of *responding vs. reacting* to stress, pain and illness, to cultivate happiness and well-being.

This program is based on the stress reduction program developed more than 30 years ago by Jon Kabat-Zinn, Ph.D., at the University of Massachusetts Medical Center. Thousands of people of all ages worldwide have taken the MBSR program with positive benefits.

How is this program helpful?

MBSR is an **evidence-based** program that has been shown to be effective for alleviating symptoms of stress and stress-related illness, such as anxiety, high blood pressure, headaches/migraines, sleep disturbances, chronic pain, gastrointestinal disorders, psoriasis, asthma, fibromyalgia, arthritis, depression, cancer and diabetes.

Who can benefit from this program?

Those feeling signs of stress due to depression, anger, divorce, family issues, school or job demands, burn out, fatigue, bereavement, over- or under-eating, worry, frustration, or Type A behavior, can take this class to learn healthy ways of responding to stress.

Graduates have reported lasting benefits in decreased physical and psychological symptoms, improved self-esteem and a renewed enthusiasm for life as they have learned effective ways of responding to the stresses of everyday life.

Investment: \$225 - Includes:

Sessions include gentle body movement, professionally guided mindful meditations, didactic instruction and group discussions. Participants will practice meditation and yoga at home during the week using CDs and a workbook that are provided.

Classes are led by Lee Ann O'Neal, MA. Lee Ann is a Licensed Marriage and Family Therapist professionally trained in mindfulness based stress reduction, and is experienced teaching MBSR to adults and children in healthcare and educational settings. She may be reached at mindfulmft@yahoo.com.

Take a positive step to improve your life now!

FOR QUESTIONS OR TO REGISTER, PHONE 408.679.8104