

MINDFULNESS Based Stress Reduction Programs



Programs to reduce stress,
maintain balance, and help you
experience life more fully

MBSR

Mindfulness-Based Stress Reduction is a program specially designed to help find peace of mind, learn to cope, and wake up to life. This challenging and rewarding experience combines comprehensive training in mindfulness meditation with mindful movement and lifestyle practices.

Participants learn to stay present to the fullness of each moment as it unfolds, without the usual overlay of judgment or commentary. By cultivating non-judgmental awareness, skillful response can replace conditioned reactivity, allowing a natural movement toward healthy lifestyle choices and to more moments of restorative stillness and peace.

For over 30 years, a growing body of clinical research has demonstrated MBSR's effectiveness as a powerful, integrated approach to coping effectively with physical, psychological and interpersonal stress as well as pain, illness and addiction. It is used in complementary medicine and wellness programs in universities and hospitals throughout the world. For many, this program provides a solid foundation for deep emotional healing and spiritual growth.

MBSR Course – Thursdays beginning August 25, 2016

- Eight Thursday classes: Aug 25, Sept 1, 8, 15, 22, 29, Oct. 13, 20, 2016
- Time: 6:00-8:30 PM (8 2.5-hour classes). CEUs available.
- Learn more at a free 90-minute introduction on Thursday, August 11 from 6:00-7:30 PM.

Advanced MBSR – Thursdays beginning Nov. 10, 2016

- Six Thursday classes: November 10, 17, December 1, 8, 15, 29 2016
- Time: 6:00-8:30 PM (6 2.5 hour classes).
- This program is designed for MBSR graduates or equivalent.

- Instructors: John Shealy, PhD, and Karen Bess, LMFT. John is a licensed psychologist who specializes in Integral Psychotherapy and MBSR. He has practiced and taught mindfulness meditation for over 20 years. Karen is a couples and family therapist, a certified yoga teacher, pastoral counselor and life-long practitioner of mindfulness. Learn more at John's website www.BeMindful.org or call him at 502.727.2996.
- Cost: Pick your fee – \$500-\$400-\$300 or somewhere in between. Some partial scholarships are available. Contact John for information.
- For information call 502.452.2749 or email info@earthandspiritcenter.org.
- Register using this form or online at www.earthandspiritcenter.org.
- Each course is limited to 20 people.

✂ **REGISTRATION**

I would like to register for the **Mindfulness Based Stress Reduction** course:

Thursdays, Beginning August 25, 2016 Thursdays, Beginning November 10, 2016

Name _____ Phone (PRIMARY) _____

Address _____ Phone (SECOND) _____

City/State/Zip _____

Email _____ Amount enclosed: \$ _____