

MINDFULNESS Based Stress Reduction Programs



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

MBSR

Mindfulness-Based Stress Reduction (MBSR) is a rewarding life-enrichment program that combines comprehensive training in mindfulness meditation with mindful movement and lifestyle practices. MBSR is used in complementary medicine and wellness programs in universities and hospitals throughout the world. For many, it provides a solid foundation for deep emotional healing and spiritual growth.

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.

The MBSR Core Skills program focuses on establishing and deepening a host of fundamental mindfulness practices. MBSR Healthy Relationships shares this focus while taking the perspective of intimate partnership. Both programs are designed for everyone – beginner or experienced meditator, single or partnered, all genders and sexual orientations.

MBSR Core Skills – Thursdays beginning Sept. 21, 2017

- Eight Thursday classes: Sept. 21, 28, Oct. 5, 19, 26, Nov. 2, 9, 16, 2017
- Time: 6:00-8:30 p.m. (8 2.5-hour classes). CEUs available.
- Learn more at free 90-minute intro on Thursday, September 7, 6:00-7:30 p.m.

- Instructors: Facilitators: John Shealy, PhD, and Jordan Dye, MSW, CSW, are a married couple who together have over 45 years of mindfulness practice. John is a psychologist; Jordan, a social worker. Learn more at www.BeMindful.org or call 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 class is limited to 20 people.

✂ **REGISTRATION**

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

Saturdays, Beginning June 10, 2017

Name _____ Phone (PRIMARY) _____

Address _____ Phone (SECOND) _____

City/State/Zip _____

Email _____ Amount enclosed: \$ _____