

# REGISTER TODAY!

## Mindfulness Based Stress Reduction 8-Week Intensive

*\*fall 2019 class is full – please inquire about Waitlist or Register for  
Next Course February 2020*

We are living in a time where the availability of information and stimulation is more prevalent than ever before. A culture of fast-paced living and technological advances occurring at light-speed has created a perfect storm of citizens who operate at a very high threshold of anxiety, experience a severe lack in attention span, and find it difficult to

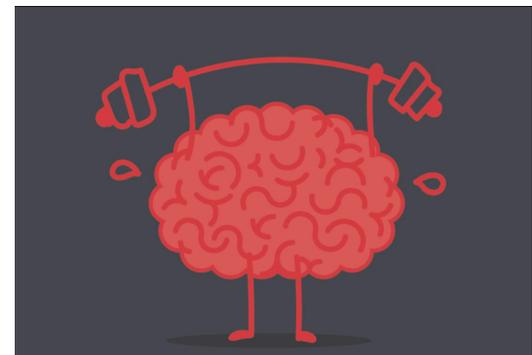
manage day to day stressors and emotions. Practicing Mindfulness empowers people to take an active role in their own health and well-being and teaches them to live and operate more from the present moment, rather than feeling scattered with thoughts of past fears or threats of future worries. A common misconception about Mindfulness assumes it is a



**“What might you be able to do? Who might you be able to be, if you were able to experience the moments of your life with greater presence, wholeness, and truth?”**

means to escape or avoid reality. In truth, when we practice pure, unbiased attention to the present moment, we are slowing down to explore all of the details and nuances of our experience. Therefore, we are actually getting really real with ourselves instead of mentally checking out.

**For all of the energy that we are now able to give over to our anxieties, we have the space to increase our awareness and significantly shift our mental patterns away from dis-ease and towards greater harmony and well-being.**



# CLASS DETAILS

Eight 90-minute classes  
One 6-hour silent retreat

**Guided instruction in Mindfulness meditation**  
**Gentle stretching, Guided Dialogue & Activities**  
**Access to Mp3 recorded guided meditations**  
**Program workbook**

\$400 upfront or \$525 installment plan  
(Compare prices Austin \$500, UMASS \$650)

The basis of the program, which teaches skills in Mindfulness meditation and gentle yoga, is what MBSR creator, Dr. Jon Kabat-Zinn calls, "moment-to-moment, non-judgmental awareness." Students of the 8-week intensive learn how to use their innate resources and abilities to respond more effectively to stress,

pain, and illness. Since its inception, this program has provided consistent and reliable clinical evidence for relief from the following physiological conditions: Anxiety, Asthma, Cancer, Chronic Pain, Diabetes, Depression, Fibromyalgia, Gastrointestinal, Heart Disease, Hot Flashes, Hypertension, Mood

Disorders, Sleep Disturbances, Stress Disorders, etc. MBSR and creator, Dr. Jon Kabat-Zinn have been featured on PBS in Bill Moyer's documentary on Healing the Mind, as well as the Oprah Winfrey Show, NBC's Dateline, and in numerous clinical research journals.

"We possess within us all, the great ability to increase our awareness and shift our mental patterns away from dis-ease and towards greater harmony and well-being."

Presented by Lotus Counseling  
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