MINDFULNESS-BASED
STRESS REDUCTION (MBSR)
COURSE

January 24 – March 21, 2018
Every Wednesday from 6:00 p.m. – 8:30 p.m. and
Full-Day Retreat on Sunday, March 11
HSEB 2948

Cost: $250 for 8-Week MBSR Course

Mindfulness-Based Stress Reduction (MBSR) was developed by Jon Kabat-Zinn at
the Center for Mindfulness, University of Massachusetts Medical School. MBSR is an
intensive training in developing mindful awareness and accessing our innate
capacity for health, healing, and growth. Groups meet for an orientation, 8 weekly
classes and an all-day retreat between weeks six and seven. Guided instruction in
various practices is provided, including sitting and walking meditation, body scan,
gentle yoga, and mindful communication. These practices are enhanced through
inquiry exercises, group dialogue, and daily home assignments.

Click Here to Register
or visit uofuhealth.org/resiliencycenter

For more information, contact Trinh Mai, lead facilitator and
faculty in the College of Social work: trinh.mai@utah.edu.

Co-sponsored by:
U of U Health Office of Wellness & Integrative Health,
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