MINDFULNESS-BASED STRESS REDUCTION (MBSR) COURSE

August 9 – October 4, 2017
Every Wednesday from 6:00 p.m. – 8:30 p.m. and Saturday, September 23rd full-day retreat
HSEB 5775

Cost: $175 for 8-Week MBSR Course
OR $99 Early Bird Pricing – Limited availability
*Ask about scholarship discounts available

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

Co-sponsored by:
U of U Health Office of Wellness & Integrative Health, Resiliency Center and GME Wellness Program