

## Mindfulness-Based Stress Reduction (MBSR)

This course will be facilitated by UBCO's Dr. Janice Snyder, and teaches people to cultivate life-long tools to help cultivate their innate capacity for mindfulness in order to control stress responses and handle life's ups and downs with greater peace of mind.

The 8-week MBSR Program offers:

- Guided instruction in mindfulness meditation
- Gentle stretching and mindful movement
- Group dialogue and discussion to enhance awareness in day-to-day life
- Individually tailored instruction
- Daily home practice
- Home practice recordings & practice manual

For more information see: <http://www.umassmed.edu/cfm/stress-reduction/>

This course is an intensive commitment including once-a-week workshops, daily practice, and a one-day retreat. The course will be run during the months of February and March 2017, with an orientation offered in advance of those dates to interested individuals. This course can host up to 25 people and spots will be available on a **first-come, first-served basis**. Please contact Natalie if you are interested.