



MINDFULNESS BASED STRESS REDUCTION -MBSR

MBSR is an evidence based program based on the work of Jon Kabat-Zinn and the University of Massachusetts Medical Centre.

This 8 week course will provide guided instruction in mindfulness meditation practices, gentle yoga, group dialogue and mindful communication exercises to increase present moment awareness in every day life, helping you transform your response to stress.

In MBSR, participants learn to recognize habitual, unhelpful reactions to difficulty and learn instead to bring an interested, accepting and non-judgmental attitude to all experiences, including difficult sensations, emotions, thoughts and behaviors.

“You can’t stop the waves, but you can learn to surf!” – JKZ



Facilitated by Janice May, Yoga Alliance RYT, MBSR Facilitator. Janice has worked in and studied mindfulness for over 8 years. Her personal experience with the benefits of mindfulness meditation fuels her passion to teach others.

Studies have shown the benefits of MBSR to include;

- *Lower anxiety levels
- *Lower blood pressure and heart rate
- *Increased immune function
- *Increased clarity in thinking and perception
- *Experience of being calm and less reactive
- *Increased attention and focus
- *Increase in overall health and well-being

Course Details:

Via Zoom

Orientation – Mon Jan 10th

6:15pm-7:15pm

Program runs on Wednesdays

January 12th to March 9th

6:15pm – 8:30pm

Silent Day Sunday Feb 20th

(4 hours)

Cost: \$400

Includes online materials and access to meditations

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