

Deepening Practice for MBSR Graduates

Designed for graduates of MBSR to refresh and expand skills
and deepen practice

Focus of this course:

Deepen or cultivate a regular meditation practice

Explore the power of heart-opening practices

Build greater trust in the wisdom of the body

Untangle from habitual thought patterns and behaviors that cause suffering

Develop communication skills and foster community

Bring mindfulness more fully into daily life for greater ease

Dates: 9 Sundays - October 16 through December 18, 2016, 5:30 - 8:00 p.m.
Includes Sunday December 4, 2016, 10:00 a.m. - 4:30 p.m.
[No Class November 27]

Location: Potomac Massage Training Institute, 8380 Colesville Road, Suite 600, Silver Spring, MD. Approx. 3 miles south of the Beltway (I-495) in downtown Silver Spring. Walking distance from the Silver Spring Metro. Free parking.

Rebecca Hines, MHS, is an experienced yoga and meditation teacher, holistic health counselor, and is trained in MBSR. She graduated from the Spirit Rock Meditation Center *Mindfulness Yoga and Meditation Training* program, Spirit Rock *Heavenly Messengers – Awakening Through Illness, Aging, and Death Program*, Kripalu Yoga Teacher Training program, Meditation Teacher Training Institute and is affiliated with the Insight Meditation Community of Washington.

Stan Eisenstein, MSW, is an affiliate teacher with the Insight Meditation Community of Washington. He is the founder and teacher of the [Columbia Insight Meditation Group](#). He is a mentor for the Power of Awareness and Awakening Your Fearless Heart international online courses with guiding teacher Tara Brach. Stan is trained in MBSR and is a graduate of the Meditation Teacher Training Institute.

Tuition is \$550 for 8 weeks of classes, all course materials, and the full day retreat; supplies to use in class are provided. Flexible payment options are available.

To enroll and for more information, contact us at info@mindfulnesstraining.org or 301-649-9090 (Rebecca) or imcwcolumbia@yahoo.com or 301-793-8714 (Stan).

www.mindfulnesstraining.org or www.mindfulresources.net