

# A Course in Mindfulness-Based Stress Reduction:

Powerful methods for reducing stress and learning to actively participate  
in your health and well-being.

**Are you:**

*Stressed by the demands of work or daily life?*

*Dealing with illness or chronic pain?*

*Coping with grief or loss?*

*Affected by anxiety or depression?*

*Eager to gain more balance and peace in your life?*

**Join us for an 8-week MBSR program and learn to mobilize your mind and body to take charge of your life and cope more effectively with stress.**

**Dates:** Eight classes, **Saturdays** from October 7 – December 9 from 2:00–4:30 pm, (2:00–5:00 pm on first/last day), plus a full day retreat on **Sunday, November 19**. (no class Nov 25)

**Location:** Blue Heron Wellness, 10723 Columbia Pike (Route 29), Silver Spring, MD 20901. One-mile north of the Beltway (I-495) and University Boulevard. Ten-minute bus ride from the Silver Spring Metro (Route Z8).

**Teachers:** **Hugh Byrne, PhD**, is a guiding teacher with the Insight Meditation Community of Washington and teaches for the Smithsonian Resident Associates Program. He has trained in MBSR and Somatic Experiencing, a mind/body approach to healing trauma. Hugh is a founding teacher of the Meditation Teacher Training Institute, and author of the *Here-and-Now Habit*. **Rebecca Hines, MHS**, is an experienced yoga and meditation teacher, holistic health counselor, and is trained in MBSR. She is a graduate of the Spirit Rock Meditation Center *Mindfulness Yoga and Meditation Training* program, Spirit Rock *Heavenly Messengers – Awakening Through Illness, Aging, and Death Program*, Kripalu 200-Hour Yoga Teacher Training program, Meditation Teacher Training Institute, and is affiliated with the Insight Meditation Community of Washington.

**Mindfulness-Based Stress Reduction (MBSR) is a transformative eight-week program** developed by Jon Kabat-Zinn and colleagues at the University of Massachusetts to systematically teach methods of reducing stress and enhancing well-being and peace in daily life.

**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, email us at [info@mindfulnesstraining.org](mailto:info@mindfulnesstraining.org) or call 301-649-9090. [www.mindfulnesstraining.org](http://www.mindfulnesstraining.org)**