

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 or call 301-649-9090. www.mindfulnesstraining.org