

What is MBSR?

MBSR, or Mindfulness Based Stress Reduction, is an 8-week program designed to give participants the tools to reduce stress, anxiety and worry while increasing self-esteem and enthusiasm. Participants will be given strategies for pain management. MBSR blends together yoga, meditation and journaling.. Nutrition, body scans, walking/sitting meditations, and mindful movement will also be covered. **All abilities and skill levels are welcome at MBSR!** MBSR was originated by Professor Jon Kabat Zinn in the 1970's at the University of Massachusetts Medical Centre.

About Dr. Mark Brown

This class will be facilitated by Dr. Mark Brown, who has over 15 years of experience in the field of stress reduction and mindfulness training. He has worked with many different groups, including the City of Calgary and the Tom Baker Cancer Centre. He obtained a Bachelor of Science in Mechanical Engineering and a Doctor of Chiropractic from the Palmer College of Chiropractic West, in Sunnyvale, California. Dr. Brown completed his 8-week training program in MBSR at the University of Massachusetts Medical School, Centre for Mindfulness in 2003.

What To Bring to Mindfulness Based Stress Reduction:

- yoga mat (or a blanket or camping mat)
- water bottle
- a pen and a journal for note taking
- wear comfortable clothing

What Will Participants Get from the Session?

- a binder of content regarding concepts learned and exercises to do at home
- recorded meditations on a USB device
- take home exercises assigned each week to allow them to put their knowledge into practice

Preview Class: Wednesday, April 1, 2020; 7:15-9:15pm; \$25.00; Code #772-A

Workshop:

Wednesdays; April 15 - June 3; 7:15-9:15pm; \$399 (non-members = \$499); Code #772
Plus The Mindfulness Retreat Day

The Mindfulness Retreat Day

Date: Sunday, May 24, 2020 | Time: 9 am to 2 pm

Location: MPR Community Room, where all yoga classes normally take place.

- microwaves will not be available. Please bring a prepared lunch and snacks to the event.
- bring the same materials as you did to the previous sessions

Benefits of the Mindfulness Retreat

- allow you to practice mindfulness for longer durations
- allow more opportunities for group discussion
- concepts will be covered more extensively