

Mindfulness Based Stress Reduction

The 8week Mindfulness Based Stress Reduction (MBSR) course was developed by Jon Kabat Zinn in 1979 at the University of Massachusetts Medical Centre and was originally designed for people experiencing chronic pain. Today it is offered worldwide and has gained prominence in the world medical community as an effective and systematic approach to the growing problem of stress and anxiety in a broad range of areas in life – work, parenting, relationships, health or those wishing to simply experience more richness in life

In each MBSR course a group of 12-15 participants meet once a week for eight weeks for a **2½ hour session and a day retreat**. Each week's class is focussed on a different theme and together we cultivate compassionate ways of being with our thoughts, emotions and body, becoming aware of ourselves so that we can respond rather than react.

Course details – Once you experience it, it's always available to you

Classes are experimental and involve a mixture of:

- carefully guided mindfulness meditation – lying down, sitting and walking
- gentle stretching and mindful yoga movement
- brief lectures and discussion – exploring patterns of thinking, feeling and action, and how to transform them
- understanding the stress response cycle and learning to be less reactive
- individual feedback and support
- scientific rationale for the practice
- your commitment to daily homework practice using MP3 recordings and course book to help bring mindfulness into everyday life

The course requires a commitment to daily practice (approximately 20-40 minutes) for optimal benefits. You will receive a workbook and several MP3 recordings to guide you during the course and to support ongoing home use.

Is the MBSR course for you?

The course is designed for beginners, although it's also open to those with some meditation experience. People participate for various reasons, but they share one thing in common – the desire to find more balance, peace and happiness in their lives.

Course objectives:

- Learn the practice of mindfulness meditation in an in-depth, highly practical manner
- Learn gentle yoga movements
- Learn a range of skills and techniques that will help you cope better and manage stress, pain and anxiety.
- Explore your patterns of thinking, feeling and action.
- Better regulate and understand your emotions
- Commit to 20 - 40 minutes of practice 6 out of 7 days, during the course
- Restore within yourself a balanced sense of health and well-being

- Improve or regain control of your mental and physical health and attain peace of mind.
- Participate in improving your own health and well-being as a complement to any medical/psychological treatment you may have had or be receiving.

By learning to actively participate in the management of our health and well-being many participants report they are better able to manage stress, fear, anger, pain and anxiety both at home and in the workplace.