



MINDFULNESS EVERYDAY[®]

AN 8 WEEK WORKSHOP
IN MBSR
MINDFULNESS BASED STRESS REDUCTION

Our Meditation-Based MBSR program is modeled on
the Stress Reduction Clinic created by Jon Kabat-Zinn PH.D
at the University of Massachusetts Medical Centre in 1979.

What are the benefits to Mindfulness?

Mindfulness is the practice of present moment, non-judgmental awareness of one's life experience. Practice of such awareness and reconnection with the body/mind, can help you to:

- Flourish by enhancing physical, emotional, mental, social health and well-being
- Relate to stress, chronic pain, anxiety, depression, and addictions in a new way
- Develop practical skills to apply mindful awareness in everyday life
- Deepen understanding and compassion for others

What's included in the MBSR program?

Conducted in a safe, supportive learning environment by qualified teachers,
this highly participatory, practical course includes:

- Eight weekly sessions and one all day retreat session on a weekend.
- Guided instruction in mindfulness meditation practices
- Gentle stretching and mindful yoga
- Group dialogue and discussions aimed at enhancing awareness in everyday life
- Daily home practice assignments
- Four home practice CDs (or you may prefer to download the less expensive app on your own), and a home practice workbook
- The textbook: Full Catastrophe Living by Jon Kabat-Zinn

Fee: \$325 plus materials (approx. \$55)

In the spirit of generosity, some spaces may be available to those who genuinely are unable to afford the full cost of the workshop.
Alternative payment options may be considered.

Canadian Academy of Therapeutic Arts

120 Newkirk Rd. Unit 12, Richmond Hill ON

Dates: Oct. 24-Dec. 12, 2017. **Time:** 7-10 p.m.,

If you are interested in arranging a pre-course meeting, please contact

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