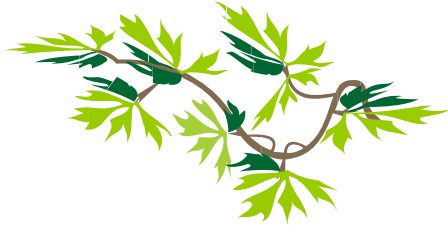


AN 8 WEEK WORKSHOP IN  
MINDFULNESS BASED STRESS REDUCTION

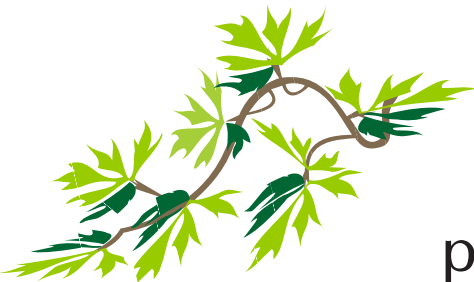


MINDFULNESS EVERYDAY



## STRESS REDUCTION WORKSHOP

An effective way of increasing our ability  
to deal wisely with the difficult and  
stressful areas of our lives through  
the use of mind-body techniques.





# MINDFULNESS EVERYDAY

AN 8 WEEK WORKSHOP  
IN MBSR

MINDFULNESS BASED STRESS REDUCTION

A Meditation Based Workshop

Our Mindfulness-Based Stress Reduction (MBSR) program is modeled on  
The Stress Reduction Clinic created by Jon Kabat-Zinn  
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.

Through the use of mind/body techniques, one begins to relate to the stress and anxiety in life differently

In ways that allow for more creative solutions and possibilities. It can help you:

- Enhance physical, emotional, mental, social health and well-being
- Increase ability to flow with the ups and downs of everyday life
- Deepen understanding and compassion for oneself and others

## What's included in the MBSR program?

The course schedule consists of eight weekly sessions and one all day retreat session on a weekend.

This highly participatory, practical course includes:

- 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
- Home practice workbook
- Guided audio resources
- The textbook: Full Catastrophe Living by Jon Kabat-Zinn

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.

The course is conducted in a safe, supportive learning environment by qualified teachers.

Estonian House

958 Broadview Ave., North of the Danforth

Wednesdays, March 21 - May 16, 2018

6 - 8:30 PM

Retreat: Saturday, May 12, 2018 | 11AM - 5 PM

Orientation Session Wednesday March 21, 2018 | 6 - 8:30 PM

Sara Escott (416) 899-3761

sara.escott@mindfulnessseveryday.org

www.mindfulnessseveryday.org