

# MBSR

## Mindfulness Based Stress Reduction

8 Week Program beginning October 19, 2017 in Palm Desert/Rancho Mirage

Research proven benefits include:

- Stress Reduction
- Emotional Regulation
- Pain Management
- Hypertension
- Immune Response
- Improved Focus
- Awareness
- Better Communication
- Quality of Life

Experience the original 8-week MBSR-Mindfulness Based Stress Reduction Program! Expertly designed to teach you how to understand and work with the mind-body connection in order to reduce stress and improve self-regulation. The program, which will be taught in the Palm Desert area, provides training in a variety of mindfulness techniques, including mindfulness meditation instruction, relaxing body awareness practices and gentle yoga type exercises.

In this 8 week series you will learn through discussion and exploration to develop a personal awareness and understanding of stress physiology and the mind-body connection. You will learn to apply effective mindfulness techniques which you can practice whenever you need to reduce stress and increase self-regulation.

This course is taught by highly experienced teachers who have trained with the Center for Mindfulness at UMASS, and UCSD. The MBSR-Mindfulness Based Stress Reduction Program is the most widely researched and highly acclaimed mindfulness program in the world.



Beth Mulligan, PA-C is a certified MBSR teacher, teacher trainer, and adjunct faculty through the UMASS Center for Mindfulness. She has been teaching MBSR for over a decade to diverse populations; from the critically ill, to non-profit organizations, the underserved, educators, and corporate leaders.



Ian Challis is extensively trained in teaching Mindfulness meditation. He is a regular teacher at Insight Community of the Desert in Palm Springs. He is currently enrolled in the Mindfulness Based Training Institute of UC San Diego in the MBSR pathway.

### Class Location:

**UUCOD**

**72425 Via Vail**

**Rancho Mirage, CA 92270**

To learn more and register:

**[www.mindful-way.com](http://www.mindful-way.com)**

**or call: 951 750 9020**

Class dates: Eight Thursday afternoons

(Oct 19, 26, Nov 2, 9, 16, 30, Dec 7, 14)

1:00pm - 3:30pm

Plus Daylong Retreat Nov 18

Cost:

\$295 for all 8 weeks, including daylong and course materials. Sliding scale available.