

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

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.