

# Train your mind to reduce your stress.

Mindfulness Based Stress Reduction (MBSR) is an 8 week course designed to improve the quality of your life by providing tools and practices to facilitate an experience of greater calm and wellbeing.

The course was designed in 1979 by Dr Jon Kabat-Zinn and has been used by tens of thousands of people worldwide to learn how to more effectively respond to the challenges of life.

Common reasons for people coming to this course are stress, chronic pain and illness, depression and anxiety, or a desire to feel more centred and at ease in their lives.

Mindfulness encompasses being present in each moment, without judgement and with an attitude of kindness and compassion towards oneself - (Kabat-Zinn).

It is not something that can just be read or talked about; it must be experienced

and practiced to be known.

This is a practical class which includes:

- › (8) weekly 2&1/2 hour sessions
- › One day-long (Saturday or Sunday)

class.

- › Guided meditation practices and teaching.

- › Gentle yoga, stretching and movement.

- › Group discussions and dialogue.

- › Daily homework.

- › Workbook and set of cd's.

The first course will be presented on Wednesday nights

(6:30-9pm) at the Northern Beaches Meditation Centre, Unit 5/1, Vuko Place, Warriewood, 2102 beginning 28 August, 2013.

For more information please visit [www.nbmeditation.com.au](http://www.nbmeditation.com.au) or contact Molly Campbell, MA on 0435 806 730 or [e:molly9campbell@gmail.com](mailto:molly9campbell@gmail.com)

