

STRESS MANAGEMENT:

Using Mindfulness Based Stress Reduction (MBSR) to achieve greater balance in your everyday life or better cope with chronic illness or pain

8 SESSIONS

WEDNESDAYS ~ SEPTEMBER 7-OCTOBER 26

6:45 - 8:45 P.M.

HALF DAY RETREAT, SATURDAY, OCTOBER 15

COTTONWOOD COMMUNITY CENTER

CLASS FOLLOWS YOGA CLASS -

YOGA CLASS NOT REQUIRED FOR MBSR CLASS

DEANNA ENGLISH, RN, CMT, RYT

*Deanna is a Registered Nurse, Yoga Therapist,
Integrative Health Coach & Trained MBSR Instructor*

Mindfulness Based Stress Reduction (MBSR) was founded at the University of Massachusetts Medical Center in 1979 by Jon Kabat-Zinn and outlined in his book, Full Catastrophe Living. MBSR training provides practical applications for coping with stress, pain and the challenges of everyday life, especially for anyone living with chronic pain or illness. The principles are also used to develop a balance in everyday living. The sessions use discussion, presentations, mindfulness meditation practice, sitting and walking meditation, body scan techniques, stretching and awareness in everyday events.

- * INCREASED ABILITY TO RELAX
- * GREATER ENERGY & ENTHUSIASM
- * IMPROVED ABILITY TO COPE WITH SHORT AND LONG TERM STRESSFUL SITUATIONS
- * GREATER BALANCE, CONTROL & PARTICIPATION IN YOUR LIFE

\$200

8 sessions + 1/2 day retreat + workbook + CDs

TO REGISTER: ST MARY'S HOSPITAL, 962-3251, BY THURSDAY, SEPTEMBER 1
(MINIMUM: 10 REGISTRANTS/MAXIMUM: 25)

QUESTIONS: DEANNA ENGLISH, 208-507-0165
DEANNA@EMERGENCE-MINDFULNESS.COM
www.emergence-mindfulness.com

Emergence



empowering the individual



St. Mary's

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