

Mindfulness-Based Stress Reduction

At Sastun Center of Integrative Health Care



**You are invited to attend a FREE introductory session on Saturday, March 20th,
10:30am - 12:00pm
Call to reserve your space now!**

Mindfulness-Based Stress Reduction (MBSR) is an educational program designed to cultivate greater mind/ body awareness in order to help people with physical and/or psychological symptoms live more adaptive lives in the face of stress, pain and illness.

Mindfulness is the practice of cultivating non-judgmental awareness in day to day life by paying attention, on purpose, moment-to-moment as your life unfolds.

MBSR is based on the highly successful stress reduction program at the University of Massachusetts' Medical Center developed by Jon Kabat-Zinn, PhD in 1979 and featured in Bill Moyer's PBS documentary series *Healing and the Mind*, *Oprah*, and *NBC's Dateline*.

MBSR courses are ongoing in over 250 mainstream healthcare/ and academic medical centers around the country including Stanford, Duke, Harvard as well as Scripp's Center for Integrative Medicine and the Mayo Clinic.

The course has evolved into a common form of complementary medicine to **facilitate healing in the medical management of a wide variety of health challenges**. People participate for reasons as diverse as... chronic pain, heart disease, cancer, headaches, anxiety and panic, GI distress, high blood pressure, asthma, sleep or eating disturbances, fibromyalgia and substance abuse.

High level stress, burnout or a desire to take a more proactive role in promoting one's well-being are also common motivations for attending this course.

Using relatively intensive training in a variety of mindfulness meditation practices (sitting and walking meditation, gentle yoga and qigong) as the foundation, mindfulness practice helps us to be more deeply present to our bodies, thought and feelings in a less judgmental and reactive way. Mindfulness practices are conducive to self-insight and facilitate the cultivation of deep states of calm in mind and body.

Over 25 years of published scientific research indicate that the majority of people who complete the course consistently report and demonstrate these lasting benefits:

- ✚ decreased physical and psychological symptoms
- ✚ increased ability to relax and to cope with stressful situations
- ✚ improved self-esteem and enthusiasm for life
- ✚ reductions in pain levels and an enhanced ability to cope with pain that may not go away
- ✚ strengthened immune response
- ✚ increase in brain activity associated with positive mood states

Tuition: \$450 plus \$50 materials fee. Tuition assistance is available for those who would otherwise be unable to participate. Please inquire.

When: 8 week course begin Saturday mornings on March 27th at Sastun, 10:30am – 12:30pm for sessions 1-5 and 12:30-2:30pm for sessions 6-8 at Sastun. A daylong session will be held on the Sunday between the 6th and 7th weeks.

Call Lisa at 913-789-9696 or email "lisa@mindfulness-matters.com" for more information. The instructor, Lisa Pinsker, has completed training programs under the direction of Jon Kabat-Zinn, PhD, the creator of MBSR. Lisa holds an MA in Integrative Health Education and has worked in program development/administration as well as patient/clinical education for over two decades.