



MBSR™ Intensive Mindfulness Training

PROGRAM **Stressed Out?**

MBSR™ is an 8-week intensive mindfulness training course that is backed by 37 years of research, proven to reduce symptoms of stress and anxiety. Utilizing curriculum developed by Jon Kabat-Zinn, PhD, the course is designed to teach mind-body awareness and work with the effects of toxic stress. Learn to tap into your inner resources and discover the healing power of mindfulness through MBSR™.

Why do adults take this course?

Some of the major reasons why people take the MBSR™ course is job, school or family stress, chronic pain, sleeplessness, mild depression and anxiety, anger issues, grief, or simply taking a more proactive role in greater overall health and well-being.

What will I learn?

- Mindfulness meditation techniques and how to work with difficult emotions, thoughts, and unpleasant physical sensations
- Techniques to respond more wisely to stressful events and difficult communication
- How to be more present for our life as we're living it, in a more non-judgmental, engaged manner
- Support in continuing a daily mindfulness practice

Includes up to 26 total contact hours:

- One, hour-long orientation before week 1 of what to expect from class, guidelines, ask questions.
- Group meets once per week for 8 weeks for 2.5 hours. We discuss didactic curriculum, practice, group dialogue, reflection, etc. *Each participant is expected to do home practice on their own* (meditation, body scan, yoga) the other six days per week for about 45 minutes per day.

DATES and TIMES

Wednesdays: June 7 - July 26, 2017 / 1 - 3:30 p.m. (Eight total Wednesday afternoons that we meet)
Saturday Silent Retreat Session: July 15th 9 a.m. - 3 p.m.

LOCATION

Des Moines Pastoral Counseling Center
8553 Urbandale Avenue, Urbandale, IA 50322

TUITION

\$250 per person

TO REGISTER

And for more information: www.dmpcc.org/mindfulness

INSTRUCTOR

Allison Peet is a qualified MBSR™ Instructor trained at UMass Medical Center for Mindfulness, founded by Jon Kabat-Zinn. She is trained through Mindful Schools and teaches mindfulness to youth, K-12. (See full bio online: www.dmpcc.org/mindfulness.)

