



MBSR™ Intensive Mindfulness Training

PROGRAM

Although stress is at the cause of many physical illnesses and psychological disorders, it is not often diagnosed or treated at the root level. There are very few resources that effectively treat stress as a condition. MBSR™ is an 8-week intensive course, backed by 37 years of research, proven to reduce the symptoms of stress and anxiety. Utilizing curriculum developed by Jon Kabat-Zinn, PhD, the course is designed to teach mind-body awareness, recognize and put to use our inner psychological resources to respond to toxic stress, increase stress hardiness, focus, creativity, regulate emotions, and allow a greater sense of self-care and well-being.

Course Objectives

- How to stabilize and focus attention to mobilize and put to use internal psychological resources for greater self-care.
- Identify Automatic Habitual Stress Reactivity and Mindfulness Mediated Stress Response, and respond more wisely to stressful events.
- How to work skillfully with difficult emotions, thoughts, and unpleasant physical sensations.
- Techniques to respond more wisely to stressful events and difficult communication.
- Recognize judgments, bias, negative thought patterns and reactivity in a more non-judgmental, engaged manner by cultivating self-compassion, embodied presence, empathy and acceptance.
- Create a personal, on-going mindfulness meditation practice.

Class Structure

Classes focus on the experiential cultivation of both “formal” and “informal” mindfulness practices such as yoga, mindful movement, and meditation as a foundation for the cultivation of psychological and emotional resilience that can be effectively utilized across the adult life span. The group meets once per week for 8 weeks for 2-2.5 hours. We discuss didactic curriculum, meditation practice, group dialogue, and reflection. Each participant is expected to complete home practice on their own, such as meditation, body scan, yoga, the other 6 days per week for about 45 minutes per day. One, all-day silent retreat experience to deepen the practice of seamless, meditative awareness and incorporate into daily life.

DATES and TIMES

Free Orientation Class: Tuesday Jan. 9th from 1-2,

Class Times: Tuesdays, 1-3:30 January 16, 23, 30, February 6, 13, 20,27, March 6th, If there is a weather cancellation the class will also meet on March 13, 2018

Silent Retreat day: Saturday February 24 9:00 am-3:00 pm

TUITION

\$250 per person

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. She’s completed 21 full days of silent meditation retreats to date and has a daily personal practice. Allison has a personal path of living and working with chronic stress and anxiety which is why she started her own business, From Within Wellness, LLC to be of service to others. She is committed to creating a more mindful community by helping people develop practical life skills in attentional strength, present moment awareness, self-compassion, kindness, and stress resiliency.

