Mindfulness-Based Stress Reduction (MBSR)
Instructor: Hugh O'Neill

Tuesdays: June 11 – July 30, 2019
2:00 – 4:00 pm or 6:30 – 8:30 pm

Retreat:
Saturday, July 20 | 9:30 am – 3:30 pm

Register at www.sscim.uci.edu
Email drewj@uci.edu with any questions.

$425
(15% discount for UCI employees)

Created by Dr. Jon-Kabat Zinn at the University of Massachusetts Medical School, Mindfulness-Based Stress Reduction (MBSR) is the most widely researched mindfulness intervention in the world. This 8-week class incorporates meditation, body awareness, and yoga to bolster one’s ability to better manage stress and its effect on the body. MBSR is based on the following tenets: non-judging, acceptance, beginner’s mind, patience, and trust.

The MBSR class will provide you with:

- Guided instruction in mindfulness meditation
- Gentle stretching and mindful yoga
- Optional group sharing of experience with practice
- Mindful communication exercises
- Individually tailored instruction
- Daily home assignments
- Audio files

Each class builds upon the previous session. There will also be lively discussions on stress management, coming off auto-pilot, the mind-body connection, how mindfulness changes our relationship to thoughts, feelings, emotions, stress, pain, and illness, as well as other health-related subjects.

MBSR benefits:

- Cultivates the ability to pay attention in an open, non-judgmental way to our surroundings, and what is contained in the present moment.
- Provides clearer appraisal of the reality of situations.
- Reduces reactivity and stress, and stress-related illnesses.
- Builds resilience around health, thoughts, feelings, and emotions.
- Enhances mindful communication and problem solving.
- Adds richness to our daily lives by increasing awareness of everyday activities, such as: walking, driving, eating (tasting food without distractions), etc.

To learn more about MBSR, you might want to watch Mindfulness as a Love Affair with Life: An Interview with Jon Kabat-Zinn.

Link here to register. Participants must be 20 years of age or older.