

Benefits reported by past participants:

"I have noticed a remarkable improvement in the thoughts that I entertain- the calming effect of meditation and awareness has lessened my negative thoughts."

"I'm less reactive and more responsive."

"I feel much happier and I feel more relaxed. I am able to concentrate more at work and get my job done."

"I'm more proactive about my health."

"I have noticed a big difference in myself. My memory is most improved."

"I can step back when I am getting angry with my kids."

"This class has been an answer to my prayers. I feel better mentally and physically since taking this course."

"I have an overall calmness in my life. I have more energy and I am more organized in tasks."

"I actually can quiet my mind without drugs if I practice meditating."

"Many years of therapy, medication, and misery - I finally feel like I might want to stay alive."

A few words about this internationally known program-

Through the years I've studied many relaxation and meditation techniques and I always return to the simplicity of mindfulness meditation. I interned at UMASS Medical School in The Stress Reduction Program under the direction of Jon Kabat-Zinn and Saki Santorelli and am now in my fifth year of teaching this course. This program, in which mindfulness meditation is a core component, was featured on Bill Moyers' PBS documentary *Healing and the Mind* as well as on NBC, ABC and in various national print media.

More than 16,000 people have completed the program, learning to use meditation and their innate resources to respond more effectively to stress, pain and illness. Meditation is not a cure, but an effective adjunct to medical and mental health therapies. This has been demonstrated in two decades of published research in which the majority of the people who completed the program reported experiencing lasting decreases in psychological and physical symptoms.

Consider coming in to talk with me about your needs, learn more about our ***Mindfulness-based Stress Reduction Program***, and see if it's right for you.

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Mindfulness-Based Stress Reduction Program

A psychoeducational group for effective reduction and management of stress

Beginning September 24, 2008

Initial interviews being held now

A Mindful Path



Mindfulness-based Stress Reduction is a way to use your mind and body to do what no one else can do for you: take charge of your health, and feel more in control of your life.

Through instruction and practice you will systematically learn skills that can increase your ability to relax, improve your ability to cope more effectively with stressful situations, and enhance your ability to cope with pain.

Other benefits reported have included greater energy, improved self-esteem, and a sense of well-being.

What is Mindfulness?

Being mindful is becoming aware of how we react to both internal and external experiences. Our minds race on all day long with or without our conscious attention.

Difficult circumstances in our lives can upset and anger us. Learning to purposefully pay attention to what goes on in our mind and body affords us the opportunity to choose how to respond.

Who this program can help-

If you suffer from:

- job, family or personal stress
- excessive worry, anxiety or panic
- headaches
- depression
- chronic pain or fatigue
- fibromyalgia, irritable bowel syndrome
- heart disease, high blood pressure
- sleep disturbances
- or if you simply feel your life is “out of control” or “not in balance”

What you will learn-

- to recognize your signs of stress
- to communicate more effectively
- to understand how thoughts can increase or decrease stress
- to manage your stress in the moment
- to build self-confidence
- to practice mindfulness meditation, gentle yoga and relaxation techniques

A Mindful Path, LLC
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If you're nervous about the idea of learning to meditate. . .

The first thing most people tell me upon meeting to learn more about the Mindfulness Stress Reduction Program is that they don't believe they can learn to meditate. Other people, yes-but them, no. Here's what I've come to know: if you can breathe, you can meditate. In this program you are progressively taught a simple and user-friendly way to reduce stress. We begin by noticing what is going on in our minds, bodies and around us, and learn to respond rather than react to thoughts, feelings, people and events. Little by little the noise in our head quiets and our lives become more manageable.

Specifics about the program:

- An initial, individual interview with the program facilitator is required. Group size is limited.
 - Eight weekly 2-hour group sessions, Wednesdays, beginning September 24, 2008 6:00-8:30pm
 - One half-day retreat.
 - Supportive hands-on instruction, gentle stretching, a workbook, four CDs, reading materials, and skill-building exercises. Cost: \$450 Your insurance may partially reimburse for this therapeutic stress reduction group.
- Location: Center for Mindful Living
Facilitator: Char Wilkins, LCSW 860-402-9333