

# *Mindfulness-Based Stress Reduction (MBSR) Class*



*“I want more peace of mind.”*

*“I’m ready to be done worrying and feeling stressed out all the time.”*

*“I suffer from chronic pain and I want to learn how to manage it better.”*

If this sounds familiar, you may be ready for MBSR, a scientifically proven program developed by Jon Kabat-Zinn, Ph.D. to **reduce stress** and **increase well-being**. In MBSR we practice techniques and develop skills based on the latest neuroscience to effectively reduce stress. MBSR offers instruction in mindfulness meditation (sitting and walking), body awareness, mindful yoga, and self-reflective inquiry. Research findings indicate when practiced regularly skills developed in this course can literally rewire the brain, resulting in **improved health** and **overall well being**.

## **Research shows participants experience:**

- Less stress and chronic pain (back pain, headaches, hypertension, etc.)
- Decreased worry, anxiety, depression and fewer sleep problems
- Improved emotional regulation
- Sharpened mental focus and enhanced attention focus
- Improved immune system functioning and help with life-threatening medical illnesses
- Help with relationship problems, grief and loss, problems with substances
- Increased joy, resilience and compassion

This class consists of 8 online classroom sessions, a 6-hour retreat online and daily home practices. Instruction materials for the class are emailed or sent via US Post.

**Days/Times:** This class will meet on Zoom for 8 weeks on Tuesday evenings between September 29 – November 17, 2020. The silent retreat will also be facilitated on Zoom on Saturday, November 7 from 9:00AM – 3:00PM (PST) or at the ONE Center in Olympia, WA if allowed.

**Location:** Online/Zoom from 6:00 PM – 8:30PM (Pacific Standard Time)

**Cost of the Course:** \$375.00 (Sliding fee scale available)

**Earn up to 26 Continuing Education Credits** (social workers, marriage and family therapists, mental health counselors, registered nurses, naturopathic doctors) **\$50 fee for CE Credits**

**Registration:** Complete the paperwork on Dr. Butterfield’s website <https://ournewexperience.org/> or contact Dr. Butterfield directly (425-324-7336 or [ournewexperiences@gmail.com](mailto:ournewexperiences@gmail.com)) to register for the class.