

# MINDFULNESS Based Stress Reduction Programs

Ease Your Mind



Enhance Your Life

Programs to reduce stress,  
maintain balance, and help you  
experience life more fully

## MBSR

**Mindfulness-Based Stress Reduction** is a program specially designed to help find peace of mind, learn to cope, and wake up to life. This challenging and rewarding experience combines comprehensive training in mindfulness meditation with mindful movement and lifestyle practices.

Participants learn to stay present to the fullness of each moment as it unfolds, without the usual overlay of judgment or commentary. By cultivating non-judgmental awareness, skillful response can replace conditioned reactivity, allowing a natural movement toward healthy lifestyle choices and to more moments of restorative stillness and peace.

For over 30 years, a growing body of clinical research has demonstrated MBSR's effectiveness as a powerful, integrated approach to coping effectively with physical, psychological and interpersonal stress as well as pain, illness and addiction. It is used in complementary medicine and wellness programs in universities and hospitals throughout the world. For many, this program provides a solid foundation for deep emotional healing and spiritual growth.

### MBSR Course – Thursdays beginning June 2, 2016

- Eight Thursday classes: June 2, 9, 16, 23, 30 and July 7, 14, 21, 2016
- Time: 6:00-8:30 PM (8 2.5-hour classes). CEUs available.
- Learn more at a free 90-minute introduction on Thursday, May 26, 2016 from 6:00-7:30 PM.

### MBSR Course – Saturdays beginning July 16, 2016

- Four Saturday classes: July 16, 30, August 13, 27, 2016
- Time: 9:30 AM to 1:30 PM (4 4-hour classes). CEUs available.

### MBSR Course – Thursdays beginning August 25, 2016

- Eight Thursday classes: Aug 25, Sept 1, 8, 15, 22, 29, Oct. 13, 20, 2016
- Time: 6:00-8:30 PM (8 2.5-hour classes). CEUs available.
- Learn more at a free 90-minute introduction on Thursday, August 11 from 6:00-7:30 PM.

- Instructor: John Shealy, PhD, is a licensed psychologist who specializes in Integral Psychotherapy and MBSR. He has practiced and taught mindfulness meditation for over 20 years. To learn more about John and MBSR, visit his website: [www.BeMindful.org](http://www.BeMindful.org) or give him a call at 502.727.2996.
- Cost: Pick your fee – \$500-\$400-\$300 or somewhere in between. Some partial scholarships are available. Contact John for information.
- For information call 502.452.2749 or email [info@earthandspiritcenter.org](mailto:info@earthandspiritcenter.org).
- Register using this form or online at [www.earthandspiritcenter.org](http://www.earthandspiritcenter.org).
- Each class is limited to 20 people.



### REGISTRATION

I would like to register for the **Mindfulness Based Stress Reduction** course:

Thursdays, Beginning June 2, 2016

Saturdays, Beginning July 16, 2016

Thursdays, Beginning August 25, 2016

Name \_\_\_\_\_ Phone (PRIMARY) \_\_\_\_\_

Address \_\_\_\_\_ Phone (SECOND) \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email \_\_\_\_\_ Amount enclosed: \$ \_\_\_\_\_