

The Mindfulness-Based Stress Reduction Course

with Pat Vroom, Ph.D. (#4423)
yoga by Robin Boudette, Ph.D. (#3285)

8 weeks: Mondays, 7:30 – 9:30 pm
Jan 21st through Mar 18th, 2013
All-day retreat TBD

How Can Mindfulness Help?

- *Reduces future-oriented thinking and worrying*
- *Helps us keep from obsessing about the past*
- *Opens up more options for dealing with the present*
- *Enables a more realistic assessment of what is happening now*
- *Recognizes that thoughts are not facts*
- *Eliminates wishful thinking*
- *Creates self-empowerment*



Free Intro: Monday Jan 14, 7:30 – 8:30 pm

Mindfulness-Based Stress Reduction is a highly researched educational program that uses mindfulness meditation to teach taking better care of ourselves and living healthier and more satisfying lives. It was developed by Dr. Jon Kabat-Zinn and Dr. Saki Santorelli at UMass Medical School. It has been featured in Time, Newsweek, and Oprah, etc. Course material includes workbook and two home practice CDs.

Pat and Robin are both psychologists in private practice. Pat previously established the mindfulness program at Memorial Sloan-Kettering Cancer Center in NYC. Robin coordinates the Mind-Body Health Services Team at Princeton University Counseling and Psychological Services and is a yoga instructor.

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