

Enhance health and well-being with

Mindfulness-Based Stress Reduction

Mindfulness may be defined as non-judgmental, moment-to-moment awareness. It is an inherent human capacity that is often missing in modern life. It can be cultivated through certain meditative practices, leading to improved health and quality of life.

People enroll in **Mindfulness-Based Stress Reduction** because of:

- Medical conditions such as chronic pain, fibromyalgia, heart disease, asthma, emphysema, gastrointestinal problems, cancer, sleep and skin disorders, and immune problems.
- Chronic and short-term stress due to work, life changes, family issues, and illness.
- Psychological and emotional concerns such as anxiety, phobias, panic, grief, and depression.

Participants in **Mindfulness-Based Stress Reduction** have reported many benefits from the course including:

- Increased ability to relax.
- Improved concentration, flexibility, and mental outlook.
- Reduction in physical pain and increased ability to cope with chronic pain.
- Improved overall health.
- Increased ability to skillfully handle stressful circumstances.

Mindfulness-Based Stress Reduction (MBSR) was created over 25 years ago by Jon Kabat-Zinn, Ph.D. at UMass Medical School. Over 18,000 people have taken this program at hospitals, clinics and educational centers around the world.

MBSR is most often delivered as an 8-week course. Classes include a mixture of presentation, dialogue, meditation, gentle yoga, and other practices designed to cultivate mindful awareness. **Valley Mindfulness** also offers **MBSR** through private coaching sessions.

Daily practice in between classes is an important component of the course. Readings and audio CD's are provided for guidance.

Mindfulness is a way to fully and compassionately participate in all of life's moments. As people integrate the practices they learn in **MBSR**, they learn to take charge of their lives, care for themselves in a way that nobody else can, and work skillfully with whatever arises in their lives, including stress, pain, and illness.

About the Instructor:

David Spound, M.Ed., has led and produced a wide range of educational programs for businesses and individuals. Having first learned meditation as a teenager, he began **mindfulness** practice while seeking relief from severe back pain. After experiencing significant benefits, he enrolled in teacher training for **Mindfulness-Based Stress Reduction** at UMass Medical School.

Visit the Valley Mindfulness web site for dates and locations of upcoming courses

- Sliding scale fee based on income (see Valley Mindfulness web site for details).
- Two-hour, introductory session — **A Taste of Mindfulness** — available for those who want to learn more about MBSR.
- For more information: David Spound • david@valleymindfulness.com • (413) 219-0654 • www.valleymindfulness.com

Please mail this registration form to David Spound • Valley Mindfulness • 32 Middle Street • Florence, MA 01062 or FAX it to (240) 526-5652.

Name _____

Mailing address _____

Email _____

City, State, Zip Code _____

Daytime phone _____

Evening phone _____

Amount paid (Minimum deposit: \$100 for MBSR, \$20 for Taste) _____

Payment method (circle one): **Cash/Check MasterCard Visa**

Credit card number (if MasterCard or Visa) _____

Credit card expiration date _____

Name as it appears on the credit card _____

Signature _____

More information and online registration available at: www.valleymindfulness.com