



Mindfulness Based Stress Reduction

You can't stop the waves but you can learn how to surf

Stress is a normal part of everyday life. The current level of psychological and social stress is however not normal. Research confirms that unrelenting chronic stress has an adverse effect on every cell and organ in the body including the brain. This level of stress is causing us dis-ease.

Mindfulness is a way of learning to pay attention in a sustained and particular way, on purpose, in the present moment to whatever is happening in your life. Mindfulness is a way of being fully engaged and present with your life no matter what is happening. It helps us see our maladaptive habitual patterns of thinking and behaving. Research shows that this mindful attitude towards life has a positive effect on the body and mind. Mindfulness lessens our level of distress and anxiety giving us a greater sense of ease and well being in our lives.

MBSR teaches strategies for facing life's challenges.

- Learn how to explore your physical, mental and emotional experiences.
- Learn how to work with stress, anxiety, pain, illness and everyday challenges in a new way.
- Learn how to develop and strengthen inner resources for coping, growing and healing.

Participants come with a range of challenges:

- Stress – work, family, school, financial
- Feel as if life is unsatisfying or dull
- Anxiety, insomnia, racing thoughts
- Depression, headaches, chronic pain

Participants will learn a variety of practices:

- Meditation, Mindfulness, Body Scan
- Yoga, Tai Chi, Chi Gong
- Skillfully work with thoughts and emotions
- Deep listening and skillful communication

MBSR is an 8 consecutive weekly course

Mon 6 to 8pm Oct 2 to Nov 20

Day Long Retreat Nov 11 Saturday

Introduction Talk: Mon Sept 18, 6pm

or Thurs Sept 21, 5 pm

Yoga Foundation or Fredericksburg Studio

1403 Franklin St (near UMW)

Total Cost: \$250 Donation to YOFO

For more info: www.yogafredericksburgva.com

John McLaughlin MD teaches MBSR at Mary Washington Hospital. He is a cofounder and teacher at the **Insight Meditation Community of Fredericksburg** and **Yoga Foundation of Fredericksburg**. He is a long time practitioner of meditation, yoga, tai chi and chi gong. He participated in the MBSR training program with Jon Kabat Zinn at the Center for Mindfulness at the University of Massachusetts Medical Center.