

Fall Mindfulness-Based Stress Reduction (MBSR)



Instructor:
Heidi J. Stark, M.Ed, RYT500

Heidi received her Mindfulness-Based Stress Reduction (MBSR) teaching qualifications through Brown University's School of Public Health and has taken MBSR through UMass Memorial Mindfulness Center. Heidi holds Bachelor's Degrees and a Master's Degree in Education with a concentration in Family and Society. She is also a registered yoga teacher (RYT500) with advanced trainings in child, family and adolescent yoga, yoga for cancer, and trauma-informed practices. Heidi lives in Bryan with her husband and two sons.

Dates and Times:

*Orientation: 9/15- 9:00-10:30 AM
6:00-7:30 PM*

*Classes: 9/29, 10/6, 10/13, 10/20, 11/3,
11/10, 11/17 and 11/22
@ 9-11:30am or 6:00-8:30 pm*

Class 1 & Class 8 may run 30 mins. longer.

All-Day Retreat - 11/5 - 8:45am-4:30pm

Please note: All classes are held on Thursdays, except the All-Day Retreat - held on Saturday and the last weekly class is held on Tuesday (11/22).

To Register:

Space is limited. Registration is required. Register to reserve your spot by contacting Kathy Davis at kathydavis@chwhospital.org.

What is MBSR?

MBSR is an 8-week evidence-based, experiential program designed to provide participants practices to foster increased stress management and well-being. The in-depth training is systematic, highly participatory, and explores both mindful meditation and movement practices.

MBSR was created in 1979 by Jon Kabat-Zinn, Ph.D., to help patients manage chronic pain and stress. Now widely used, MBSR has over 40 years of research showing consistent positive benefits, including:

- Increased well-being and self-awareness
- Greater emotional regulation
- Decreases in stress and suffering
- Reductions in symptoms of chronic pain, anxiety, and depression
- Strengthened immune system
- Greater empathy and compassion for yourself and others

All are welcome on this exploration. Bring a willingness to learn and your curiosity!

*This opportunity will implement some gentle, **all-levels** movement. Movement can be done from a chair as well.*

*Classes will be held in the **East End of the Dining Room** at CHWC - Bryan Hospital - 433 W High St - Bryan, OH*

Fully funded by



“You can't stop the waves, but you can learn to surf.”
— Jon Kabat-Zinn