

MBSR: The Mindfulness Based Stress Reduction Program

@ Yoga Flow Studio

led by Virginia Blum



This program is based on a practice known as mindfulness. Mindfulness is a way of being, a way of living, a way of paying attention, and when cultivated, has the potential to change how you approach yourself, your challenges, and your relationship with others. It is modeled after the MBSR program, founded by Jon Kabat-Zinn at the University of Massachusetts Medical Center. It has a foundation of over 35 years of research that supports the efficacy of MBSR in helping people cope more effectively with physical and emotional stress as well as the everyday challenges of life. MBSR combines formal and informal meditation practices, group discussions that focus on bringing mindfulness into your daily life, and gentle stretching and movement that help to develop the body-mind connection.

The program consists of eight weekly classes (2½ hours each), and an extended all-day retreat. You are provided with course materials and audio recordings of the guided meditations taught in class to assist you with the assigned home practices.

Instructor: Virginia Blum is an MBSR teacher who has been studying mindfulness meditation and yoga philosophy for over 20 years. She has completed intensive teacher training in MBSR with Jon Kabat-Zinn, Saki Santorelli and other senior staff through the UMASS Center. Additionally, Virginia works as a School Psychologist and licensed Behavior Analyst, incorporating mindfulness practices with parents and children. She also presents MBSR workshops in various corporate and educational settings throughout the New York and Long Island areas.

Please refer to the follow links to further understand about mindfulness and the MBSR program.

<https://www.youtube.com/watch?v=WGUWt4TjBKE>
<http://www.umassmed.edu/cfm/Research/MBSR-Research/>
www.youtube.com/watch?v=4PAOhs7tBZo&feature=youtu.be

Free Introductory Session- May 27th, 2015 from 6:30-7:30 pm.

We invite you to attend a free introductory session before registering for the 8-week MBSR course.

At this session you will:

- Have an opportunity to meet the teacher.
- Learn about mindfulness.
- Experience various mindfulness practices.
- Learn about the MBSR course.
- Register at a reduced rate.

Course Time & Dates: 6:30-9:00 pm.

June 3, 10, 17

July 1, 8, 15, 22 & 29

All Day Retreat: July 19, 10:30-4:30pm

Cost: \$445. **Early Registration:** \$395.

Place: Yoga Flow Studio
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