****

Eight Week Mindfulness-Based Stress Reduction

MBSR Class with Marta Patterson, RN, BSN

**Benefits:**

**What is Mindfulness-Based Stress Reduction?**

MBSR is a thoroughly researched and widely respected stress reduction program. It was developed by Jon Kabat-Zinn at the University of Massachusetts Medical Center and is based on ancient contemplative practices.

With the accelerated pace of modern life, many people are distracted, depleted and unfulfilled. More than ever it is essential that we learn to unplug and access the contentment that comes from a clear and focused mind.

Mindfulness Based Stress Reduction (MBSR) helps participants draw from their own inner resources and actively engage in caring for themselves and finding greater balance, ease, and contentment.

The beneficial effects of mindfulness training are well researched with hundreds of scientific studies reporting improvements in various conditions.

Participants who have completed the curriculum have reported.

* Reduced symptoms of stress
* Improved focus and concentration
* Improved sleep
* Decreased emotional reactivity
* Reduced mind-wandering
* Increased immune function
* Ease of suffering (physical and emotional pain)
* Reduced pain
* Enhanced emotional well-being

**What to expect:**

The program consists of an eight week course of 2 ½ hour sessions each plus a full day retreat (7 hours) between weeks 6 and 7. This is a highly experiential class with group sharing. Participants will be offered a variety of mindfulness practices that include:

* Guided formal meditation practices
* Instruction on mindfulness, stress reactivity and research
* Group discussion and Mindful Inquiry
* Mindful Movement/Meditative Yoga
* Home practice assignments and guided meditation recordings

**Teacher and Guide:**

Marta currently teaches Mindfulness at UCSD’s Center for Mindfulness, a program of the UCSD Center for Integrative Medicine. She also teaches online with eMindful and has a Mindfulness-Based private coaching practice.

Marta is a long time meditator and yogi. She is a Registered Nurse with professional certifications as a Public Health Nurse, Health and Wellness Coach, Holistic Health Practitioner, Massage Therapist, Reiki Practitioner, Qualified MBSR Teacher and Registered Yoga Teacher.

Many years of experience working as an RN in traditional healthcare as well as extensive training and work with Integrative Health Modalities has given Marta a well-founded understanding of the connection between mind and body in promoting health and well-being.

**Cost:**

Clear-Wellness-Solutions is offering the eight- week course for $275.00. Community members will be given the opportunity to enroll based on the availability of space. Payments are accepted with Pay Pal at [www.clear-wellness-solutions.com](http://www.clear-wellness-solutions.com).



* Dates: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Email: [gratefulforwellness@gmail.com](mailto:gratefulforwellness@gmail.com)

* + [**gratefulforwellness@gmail.com**](mailto:gratefulforwellness@gmail.com)

.