

Mindfulness-Based Stress Reduction (MBSR)

Palo Alto
Spring 2018

An 8-week program that reduces stress, anxiety and pain, improves physical, mental, and emotional health, and increases well-being & quality of life.

MBSR is a world-renowned course, created by Jon Kabat-Zinn, PhD at the University of Massachusetts. Thousands of studies have supported the benefits of MBSR for stress reduction, and for improved health, well-being, and relationships.

3 Spring MBSR programs at PAMF-PA begin in April 2018

- **Monday or Tuesday evening programs**
(choose one or the other)
- **Saturday daytime program**
- Cost is \$325 – includes the 8-week class, an all-day retreat, and all materials.

Participants are strongly encouraged to attend the **FREE ORIENTATION** before the program starts.

Registration for the eight-week course is on a first-come, first-served basis.

Attendance is limited and classes fill quickly.

FREE ORIENTATIONS

EVENING PROGRAMS

Tuesday, April 3

6:30 p.m. to 9:00 p.m.

(This Orientation is for both Monday and Tuesday programs)

DAYTIME PROGRAM

Saturday, March 31

9:30 a.m. to 11:30 a.m.

MBSR SPRING 2018 - Program Options

MONDAY Evenings

April 16 to June 11
6:30 p.m. to 9:00 p.m.

TUESDAY Evenings

April 17 to June 12
6:30 p.m. to 9:00 p.m.

SATURDAY Daytime

April 14 to June 9
9:30 a.m. to 12:00 p.m.

RETREAT for All Classes

June 3, 9:30am - 4:00pm

Instructor: Renee Burgard, LCSW

"The way we perceive stress, and how we react to our perceptions, can determine how stress affects us – physically, mentally and emotionally. The 'miracle' of mindfulness is that it both frees us from the negative effects of stress and leads to increased ease of living and peace of mind."



For class location, more information or to register, please visit
www.pamf.org/healtheducation/classes.mindfulness.html
or call the Education Division at 650-853-2960