

*Trish's MBSR students have been quoted in Time Magazine
and on the 2006 PBS Special "The New Medicine", praising this course and its results*

Mindfulness – Based Stress Reduction (MBSR)

Are you:

- Stressed or worried?
- Anxious or depressed?
- Wanting peace of mind?
- Wishing to be here, now?

Enroll and begin using *proven* skills for the rest of your life.

8-session Spring 2009 Session:

Tuesdays, May 26- July 7, 9:30 am – noon

Except June 9 and June 30, 9:30 am – 2:30 pm

Location: Kernan Hospital Cottage (behind the Mansion)

MBSR is a transformative 26-hour course, developed at U-MASS by Jon Kabat-Zinn. Through this course you will develop a daily meditation practice specific to your needs and learn to bring mindfulness to your everyday activities and challenges. Come and develop a peaceful heart!

The \$450 fee includes 8 weeks of classes, all course materials (text, CDs, workbook) and a retreat on June 30. First and last class are 3 hours.

For a registration form or for more information, please contact:

Trish Magyari, MS, MBSR Instructor

trish@trishmagyari.com or call 443-939-0232

Space is limited; enroll early to avoid disappointment.

Sponsored by the Kernan Center for Integrative Medicine

Mindfulness – Based Stress Reduction (MBSR)

Mindfulness – Based Stress Reduction (MBSR) is an intensive course designed to transform your relationship to stress and increase your enjoyment of life. MBSR has been extensively studied since the late 1970's. Research shows that many people report:

Benefits

- Lower stress levels leading to decreases in stress-related symptoms
- An increased ability to relax and enjoy each moment
- Lower pain levels and/or a better ability to cope with pain that may not go away
- Improved self-esteem, self-acceptance, energy and confidence
- Cultivating powerful inner resources for coping with life stressors
- Developing new habits and mindfulness skills that can be used for the rest of your life

Common reasons for learning these skills are:

- Stress – job, family, financial
- Chronic illness or pain
- Caregiver issues
- GI issues (IBS, ulcers)
- Cancer; radiation; chemotherapy
- Anxiety or panic; PTSD
- Depression
- High blood pressure
- Enhancing wellness
- Grief or Loss
- Addiction recovery
- Fatigue
- Worry about the future
- Sleep disturbance

The class consists of eight weeks of 2 ½ - 3 hour classes with one 3 - hour retreat. Classes are highly participatory and practical. The course includes:

- Guided instruction in mindfulness meditation practices (sitting, walking, and body scan)
- Gentle stretching and mindful yoga (appropriate for all ability levels)
- Exercises to apply mindfulness to challenging situations in everyday life
- Small and large group discussions
- Daily at-home practice (20-30 minutes per day) with specially designed materials

Location: Classes are held in a serene park-like setting, in the Cottage on the grounds of Kernan Hospital. Free and handicapped parking is just steps away. 5 minutes from I-695 and I-70 junction.

Cost: The course includes 8 classes, the retreat with lunch, a text, CD's and a specially-designed workbook. Total cost is \$495 (\$400 for Kernan patients and employees, U-M or state employees, seniors, students and those unemployed). Credit card option is available at www.trishmagyari.com.

To Register: Application and payment in full is required to complete enrollment. Applications and credit card option can be found at www.trishmagyari.com or by emailing trish@trishmagyari.com.

Instructor: Trish Magyari, MS, is Baltimore's most experienced MBSR teacher and is a practitioner at the Center for Integrative Medicine at Kernan Hospital. She has 34 years of meditation experience and currently works with mindfulness-based therapies full time. Trained in MBSR in 1987, she completed the UMASS MBSR Teacher Development Intensive, their highest level of training, in 2000. She is a practicing Quaker and a teacher with the Insight Meditation Community of Washington (IMCW). Trish delights in helping others to increase their sense of wholeness and well-being in the world. May you be peaceful, happy and safe!