

Mindfulness-Based Stress Reduction (MBSR)

Mindfulness

- is paying attention, on purpose, to our current moment, fully, and with openness and acceptance.
- allows us to tap into our inner resources, wisdom and strength in order to respond wisely as opposed to reacting automatically.
- enhances our sense of balance and empowerment, so we can thrive even within the face of stress and adversity.
- is a basic human quality that can be cultivated to improve clarity, connection, and overall health and exuberance for life.

MBSR

This is an intensive experiential 8-week course, including 30 hours of class and home practice for 45 minutes each day. You will learn and practice core mindfulness skills such as awareness of the breath, body, and movement. These techniques provide maximum benefit when practiced regularly. This is truly a life-style change, similar to making healthy food choices or exercising regularly. With this committed approach, the improvements are long-lasting and continue to enhance health, well-being and thriving.

MBSR, developed by Dr. Jon Kabat-Zinn, PhD is taught worldwide within over 200 respected medical centers and healing communities. For more details visit www.umassmed.edu/cfm

Who might benefit from this program?

Anyone looking for a way to decrease the impact of stress and bring in more joy, peace and well-being.

Decades of research studies show lasting reductions in physical and psychological symptoms, reduction of and improved coping with chronic pain, and significantly improved satisfaction, joy, and quality of life.

Proven benefits for:

- chronic medical illnesses
- insomnia
- changes of menopause
- relationship conflicts
- adjunctive support for cancer
- chronic pain
- emotional or psychological distress
- general stress reduction

About the Teacher

Tiffany Niide MD, PhD was born and raised in Hawaii and is a physician who has been committed to her own personal mindfulness practice for over 25 years. In addition to her medical training in pediatrics, psychiatry and neurology, Tiffany has years of extensive specialized training in mindfulness-based therapies. She has completed over 320 hours of MBSR teacher training with senior teachers from the University of Massachusetts, including trainings led by the founder of MBSR, Dr. Jon Kabat-Zinn PhD, and Dr. Saki Santorelli, PhD. Tiffany's classes are unique in that she is able to combine her medical knowledge of the brain and proven cognitive and behavioral strategies with the powerful practice of mindfulness to truly inspire others to lasting beneficial change.

For registration or more information contact:

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**Where: Inn at Vaucluse Spring
Stephens City VA**

When: Jan 8 - Feb 27, 2019

Tuesdays 4-7pm OR

Wednesdays 10am-1pm

Retreat Day: Sun Feb 24th 12-5pm

Cost: \$500

****also available for custom tailored programs based on your group's needs**