Mindfulness Based Stress Reduction Program

University of St. Thomas Wellness Center

SPRING, 2015

WHAT IS IT?

MBSR is an 8 week program meeting once per week for 2-1/2 hours per session, with 3 hours for first/last sessions (see schedule on other side). The program is limited to 20 people, as part of our intention is to develop a close-knit learning community. Meetings take place at the Wellness Center at the University of St. Thomas, where meditation pillows are provided.

The program includes facilitation in formal mindfulness practice (breathing, body scan, yoga and more) alongside instruction for integrating mindfulness practice in everyday life.

Samples: www.youtube.com/channel/UCdsVE0oRY2hNT89K9lcp

Participants receive a workbook, instruction on utilizing the facilitator’s iTunes Podcasts and will also be pointed to a number of resources for continuing and expanding their mindfulness practice.

Podcasts: www.itunes.apple.com/us/podcast/project-for-mindfulness-contemplation/id969731780

More on MBSR can be discovered by visiting the official website at the University of Massachusetts Center for Mindfulness. Read more: www.umassmed.edu/cfm

IS IT RIGHT FOR ME?

If you feel overwhelmed by the dizzying pace of modern life, experience difficulty coping with pain (physical and/or emotional), or are simply interested getting in touch with your life ‘lived in moments,’ MBSR may be just what you need.

People who take the program in MBSR report a greater ability to:
Reduce stress and anxiety – Cope with chronic pain – Generate healthy energy – Approach life with gratitude
Read more: www.goamra.org

The aim of this program is to integrate practical methods for developing mindful awareness at home, at work, and in between. It also about cultivating wisdom and reclaiming the joy, gratitude, and compassionate awareness that make life beautiful!

Attitudes cultivated through this practice include: patience, beginner’s mind, letting go, non-judgment, trust, non-striving, and acceptance. View Jon Kabat-Zinn as he explains these attitudes in depth:
www.youtube.com/watch?v=kANsRoYcaAo

Early registration is recommended!

Sign up for an information session. Register today:
www.stthomas.edu/pmc

The Wellness Center
Developing Healthy Lifestyles
651.962.6128, stthomas.edu/wellness
WHAT THE RESEARCH SAYS:
Research has grown exponentially over the past two decades due to the impact MBSR is shown to have on adults. Read more: www.mindfulexperience.org/mrg-user-reviews.php

This year, Dr. Brendel and his colleagues studied the impact of an 8 week mindfulness program (similar to MBSR) attended by local organizational leaders. They discovered a significant correlation between meditation and anxiety/stress reduction. This study also indicated a positive impact on resilience and a substantial increase in the desire to be creative.

IN THE PRESS:
MBSR may just be the very centerpiece of what is called the “Mindful Revolution”, featured in Time Magazine.
Read more: www.time.com/1556/the-mindful-revolution

ABOUT THE FACILITATOR?
Dr. William Brendel received his degree at Columbia University where he studied and researched Transformative Learning. As an Assistant Professor of Organization Learning & Development at UST, Dr. Brendel also researches and writes extensively on mindfulness practice at work.
Read more: www.stthomas.edu/pmc/research/mindfulness-based-consulting.html

With over 70 hours of MBSR-facilitator instruction by founder, Dr. Jon Kabat-Zinn, he is a Co-Founder and Co-Director of the Project for Mindfulness and Contemplation at the University of St. Thomas.
Read more: www.stthomas.edu/pmc/advisoryboard/william-brendel-edd.html

He delivers workshops to schools, corporations, and government agencies.
Read more: www.wtbrendel.wordpress.com

He also teaches mindfulness in faculty learning circles, students in the UST Aquinas Honors program, and offers meditation sessions twice weekly to the entire UST community.
Read more: www.stthomas.edu/pmc/upcomingevents/mindfulness-meditation

INFORMATION SESSION:
Wednesday, April 8: 1:00 – 2:00 PM

MBSR PROGRAM: Thursday Evenings
FIRST SESSION: April 30 (5:30 – 8:30 PM)
REGULAR SESSIONS: May 7, 14, 21, 28; June 4, 11 (5:30 – 8:00 PM)
FINAL SESSION: June 18 (5:30 – 8:30 PM)

PROGRAM COST:
General Public: $425
Early Registration: $385
UST Student/Professor Discount: $325

Scholarships are available for UST faculty, staff and students.

Register today!
www.stthomas.edu/pmc