

CREATE

MORE

peace, space, joy

MINDFULNESS BASED STRESS REDUCTION

evidence-based & scientifically proven to



INCREASE

Decision-Making Ability



Compassion



Life Satisfaction



DECREASE

Medical issues:
high blood pressure
chronic pain
heart disease
fatigue



Stress:
Relationships
School/Work
Grief & Change



Psychological Distress:
Anxiety/ Panic
Depression, Fatigue



Eight weeks

Eight classes

+One Retreat Day



100% ONLINE

What to Expect:



From me

Guided Meditation Practices:
Live in class
PLUS
Recordings!

Handouts
Reading Material
Class Workbook

Home Practice Materials

A toolbox of easily-learned exercises to improve resilience



In Class

Group Dialogue &
Communication Exercises

Mindful Movement &
Gentle Stretching

A class that is :

Participatory
Supportive
Personal