

Mindfulness-Based Stress Reduction (MBSR) Course



“I want more peace of mind.”

“I’m ready to be done worrying and feeling stressed out all the time.”

“I suffer from chronic pain and I want to learn how to manage it better.”

If this sounds familiar, you may be ready for MBSR, a scientifically proven program developed by Jon Kabat-Zinn, Ph.D. to **reduce stress** and **increase well-being**. In MBSR we practice techniques and develop skills based on the latest neuroscience to effectively reduce stress. MBSR offers instruction in mindfulness meditation (sitting and walking), body awareness, mindful yoga, and self-reflective inquiry. Research findings indicate when practiced regularly skills developed in this course can literally rewire the brain, resulting in **improved health** and **overall well being**.

Research shows participants experience:

- Less stress and chronic pain (back pain, headaches, hypertension, etc.)
- Decreased worry, anxiety, depression and fewer sleep problems
- Improved emotional regulation
- Sharpened mental focus and enhanced attention focus
- Improved immune system functioning and help with life-threatening medical illnesses
- Help with relationship problems, grief and loss, problems with substances
- Increased joy, resilience and compassion

The course consists of 8 classroom sessions, a 6-hour retreat, home practices and instructional materials (course manual and recorded guided meditations).

Spring 2020 MBSR course offered Tuesday evenings April 21 – June 9, 2020 from 6:30 – 9:00PM and a retreat day on Saturday, May 30, 2020 from 9:30 – 3:30.

Location: Our New Experience, 10675 Willows Rd NW, Suite 250 in Redmond, WA

Cost of the Course: \$425.00 (sliding fee scale available)

Registration due by April 14, 2020 and can be completed online <https://ournewexperience.org/> or by contacting Brenda at [425-324-7336](tel:425-324-7336) ournewexperiences@gmail.com

Up to 26 Continuing Education Credits available for Social Workers, Marriage and Family Therapists, Mental Health Counselors, Registered Nurses and Naturopathic Doctors. **\$50 Fee for CE Units.**

This course is taught by **Dr. Brenda S. Butterfield**, Licensed Mental Health Counselor: Doctorate of Education, Master of Social Work, Bachelor of Arts in Psychology: Founder, *Our New Experience*, LLC, Redmond, WA.