

MINDFULNESS-BASED STRESS REDUCTION

FALL 2023

Many of us feel burned out, stressed, overworked, and exhausted. Not only does this affect our bodies and minds, but it can negatively impact our work performance, relationships with others, and ability to be present with those around us. Mindfulness has the ability to positively affect the quality of your life.

MBSR is an 8-week, evidence based program designed to instruct participants in mindfulness for improved overall well-being and self-care. Participants will engage in a variety of guided yoga and meditation practices, self-reflection exercises, group discussion, home practices, and an optional guided half-day silent retreat. Participants will learn how to implement effective tools and techniques to mindfully approach stress, anxiety, fear, pain, illness, relationships, and the continual demands of everyday life. Setting an intention to tune into their body, calm the mind, regulate the nervous system, and establish a deeper connection with themselves. This course is designed to meet the needs of each individual on their mindfulness journey, and all levels and experience are encouraged to join.

CLASS DETAILS:

- Days: Tuesdays
- Dates: Sept 19 - Nov 14
- Instructor: Frank Olivieri

Session I:

10am - 12pm
Virtual

Session II:

7pm - 9pm
Milano Center

MINDFULNESS

Potential Benefits

- Reduce stress & anxiety
- Improve physical health
- Improve mental cognition
- Improve emotional state
- Increased attention & creativity
- Increased sense of connection to self and others

Cost Options:

- \$250 (Tuition) (\$350 value!)
- *\$150 (Partial Scholarship)
- *\$350 (Supporter tuition)

*By paying what you can, you help others who are less financially able to do so. Additional financial aid may be available.



Register / Info:



Full program description and registration:
www.cityofmelrose.org/recreation

Only Limited
Seats Available!