

Mindfulness-Based Stress Reduction - Overview 4/21/25

To Register: [Online Registration](#)
Cost: Sliding scale \$395-\$550 (scholarships available)

Instructor: Wendy Beckerman
Phone/Text: 510-710-7102
Email: wendy@eastbayyoga.com

Schedule: Seven Tuesdays: April 22, 29 | May 6, 13, 20, 27
June 3 | and one Friday: June 13
6:00-8:30 PM Pacific
(first and last class 30 minutes longer)

Daylong Retreat: Sat, June 7, 9:30 AM – 4:30 PM Pacific



Location Options: On Zoom and/or Quinan Street Project, 656 Quinan Street, Pinole, CA

Equipment:

- **For first class only:** Bring 2 raisins (for a mindful eating exercise)
- Comfortable, layered clothing that allows you to move gently and breathe deeply
- Yoga mat (or large towel) and a blanket

Additional Reading (optional): *Full Catastrophe Living*, Jon Kabat-Zinn

What is MBSR?

Countless numbers of people have participated in Mindfulness-Based Stress Reduction (MBSR) classes worldwide. With practice, they've learned to integrate the methods developed by Jon Kabat-Zinn at the UMass Center for Mindfulness into their everyday lives, including awareness training through meditation and mindful yoga. Published research indicates that the vast majority of people who complete the course report:

- Lasting decreases in physical and psychological symptoms
- An increased ability to relax
- Reductions in pain levels and an enhanced ability to cope with chronic pain
- Improved self-esteem
- An ability to cope more effectively with short- and long-term stressful situations
- Greater energy and enthusiasm for life



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What is Mindfulness?

(MBSR Overview page 2)

Mindfulness is a way of learning to relate directly to whatever is happening in your life. It's a way of taking charge of your life and doing something for yourself that no one else can do for you: Consciously and systematically working with your own stress, pain, illness, and the challenges and demands of everyday life.

In contrast, you've likely encountered moments of "mindlessness" — a loss of awareness resulting in forgetfulness, separation from self, and a sense of living mechanically. Restoring within yourself a balanced sense of health and well-being requires **increased awareness** of all aspects of self, including body and mind, heart and soul. Mindfulness-Based Stress Reduction is intended to ignite this inner capacity and infuse your life with awareness.

People participate for reasons as diverse as:

- Stress — job, family, financial, world
- Chronic pain and illness
- Anxiety/panic or depression
- GI distress
- Sleep disturbances
- Fatigue
- High blood pressure
- Headaches
- Preventative/self-care

Participants are referred to MBSR by their doctors or they are self-referred. Many enroll because, although they are feeling well physically, they recognize the pace of their lives is "out of control" or they're "just not feeling quite right."

A life-affirming course in conscious living

The course schedule consists of eight weekly classes and one half-day retreat on a weekend. Participants learn lifelong tools to help maximize life, even during stress, pain, and illness. This highly participatory, practical course includes:

- Guided instruction in mindfulness meditation practices
- Gentle, mindful movement
- Group dialogue and discussions for enhancing awareness in daily life
- Individually tailored instruction
- Daily home assignments
- Four home practice audio recordings and a workbook



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About the Instructor: Wendy Beckerman has been teaching mindfulness meditation and yoga since 1998 and has a passion for living the practices and sharing valuable insights. Her teaching style is often described as clear, calming, and centering, and emphasizes the richness of moment-to-moment awareness. Her students describe her as "intuitive yet grounded," "compassionate and fully engaged."

