

Mindfulness-Based Stress Reduction – Overview 9/12/23

To Register: 510-752-7868 Kaiser Permanente, Behavioral Health Education Dept.
\$110 members / \$190 non-members

Instructor: Wendy Beckerman
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Course Schedule: 7 Tuesdays and 1 Wednesday:
Sept 19, 26; Oct 3, 10, 17, 24; Nov 1 (Wed), 8
6-8:30 PM Pacific Time
Online via Zoom

Daylong Retreat: Sat, Oct 28, 9:30 AM-4:30 PM
Online via Zoom

What you will need:

- **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)
- Blanket
- Please fill out [Participant Info Online Form](#) before the first class

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
- Greater energy and enthusiasm for life
- Improved self-esteem
- An ability to cope more effectively with short- and long-term stressful situations

What is Mindfulness?

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 daylong class on a weekend day. 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 home practice manual

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."