

A Course in
Mindfulness-Based Stress Reduction:

Powerful methods for reducing stress and learning to actively participate
in your health and well-being.

Are you:

Stressed by the demands of work or daily life?

Dealing with illness or chronic pain?

Coping with grief or loss?

Affected by anxiety or depression?

Eager to gain more balance and peace in your life?

Join us for an 8-week MBSR program and learn to mobilize your mind and body to take
charge of your life and cope more effectively with stress.

Dates: Eight Sundays from February 20th to April 10th from 2:00 to 4:30 pm, (2:00 to 5:00 pm for
the first and last class), and a full day retreat on Saturday March 26th.

Location: Blue Heron Wellness, 10723 Columbia Pike (Route 29), Silver Spring, MD 20901. One-
mile north of the Beltway (I-495) and University Boulevard. Ten-minute bus ride from the Silver
Spring Metro (Route Z8).

Teachers: **Hugh Byrne, Ph.D.**, teaches with the Insight Meditation Community of Washington and
the Smithsonian Resident Associates Program. He has trained in MBSR and Somatic
Experiencing, a mind/body approach to healing trauma. Hugh has taught retreats nationally
with Jack Kornfield, Tara Brach and Phillip Moffitt. **Rebecca Hines, MHS**, is an experienced yoga
and meditation practitioner, a holistic health coach, and is trained in MBSR.

Mindfulness-Based Stress Reduction (MBSR) is a transformative eight-week program developed
by Jon Kabat-Zinn and colleagues at the University of Massachusetts to systematically teach
methods of reducing stress and enhancing well-being and peace in daily life.

Tuition is \$525 for 8 weeks of classes, all course materials, and the full day retreat; supplies to use
in class are provided. Flexible payment options are available.

To enroll or for more information, email us at info@mindfulnesstraining.org or call 301-649-9090.

www.mindfulnesstraining.org