

Practical Tools for Managing Stress and Enhanced Well-Being



Eight-Week Mindfulness Based Stress Reduction Course

**Sunday Afternoons
September 29th - November 17th
2:00 - 4:30pm**

**Free orientation to learn more about Mindfulness
Sunday, September 15th 2:00-3:30pm**

Mindfulness Based Stress Reduction (MBSR) is an in depth eight-week course in Mindfulness Meditation and integrating mindfulness skills into daily life. Mindfulness cultivates our potential to be present each moment with kind, open and non-judgmental awareness and effectively manage a variety of stress-related conditions including anxiety, chronic pain, headaches, high blood pressure, and sleep disturbance. This program is based on the pioneering work of Jon Kabat-Zinn Ph.D. at UMass Medical Center, and is considered to be one of the most reliable ways to learn how to use mindfulness to form new skills for living well and enjoying life, regardless of it's ups and downs.

In this eight-week course you will discover how to:

- Live life more fully and resourcefully
- Increase ability to handle stress with greater ease
- Enhance ability to manage chronic pain and other chronic conditions
- Decrease physical and psychological symptoms
- Increase ability to relax
- Improve compassion for self and others
- Discover greater energy and enthusiasm for life

This course consists of eight weekly classes and one day-long retreat. Mindfulness is best understood through practice. To fully benefit from MBSR training, participants are asked to commit themselves to the daily home assignments and attending all classes, including all day retreat.

This experiential class includes:

- Guided instruction in mindfulness meditation practices
- Gentle movement and mindful yoga
- Inquiry exercises and group dialogue for enhanced awareness
- Daily home assignments (45 minutes)
- Downloadable home practice audio recording

Orientation : Sunday, September 15th 2:00-3:30pm

All Day Retreat: Saturday, November 9th, 2019

Location: Windsong Innerspace 2201 W. I 44 Service Rd.

Oklahoma City, OK 73112

Tuition: \$425

*** Note: Orientation attendance required to participate in course. If you are unable to attend, please contact Marnie at marnie@marniekennedy.com or 405.245.6426**

Registration by application

Please Visit MarnieKennedy.com

Mindful Living MarnieKennedy.Com