

Peace.

it does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart.

How do we cultivate this kind of peace that is independent of the conditions of our lives? Mindfulness practice, teaches us how to find balance between calmness and alertness under any circumstance and helps us cultivate compassion for ourselves and others.

Mindfulness-Based Stress Reduction

An 8-week course plus 1 full day retreat

Thursdays 6:30-8:30pm

March 13 to May 1, 2014

Plus Saturday, April 19, 9-3

Facilitators:

Bill McCracken, LCSW, ICADC, NBCCH
and Carmelina D'Arro, DMD



\$375 per person before Feb 27th (\$400 after Feb 27th)

Location: The Meditation Center at

Empowered Yoga 2000 Pennsylvania Ave Suite 208
Wilmington, DE 19806

Call 302.654.YOGA to register

The practice itself is the teacher. Participation in the course will require a commitment of 45 minutes per day to practice a variety of mindfulness techniques.

CE Credits (\$50.00) CEUs applied for professional counselors.

Mindfulness Based Stress Reduction Program

Course schedule consists of eight weekly classes, including one daylong class.

World wide, tens of thousands of people have accepted this invitation. They are a lot like you, and they've learned to integrate stress-management skills into their everyday lives. Two decades of published research indicates that the majority of people who complete the Stress Reduction Program report:

- An ability to cope more effectively with both short and long-term stressful situations
- Lasting decreases in physical and psychological symptoms
- An increased ability to relax
- Reductions in pain levels and an enhanced ability to cope with pain that may not go away
- Greater energy and enthusiasm for life
- Improved self-esteem

Many are sent by their doctors or they are self-referred. Many enroll because, although they are feeling well physically, they say the pace of their lives is “out of control” or they’re “just not feeling quite right.”

This highly participatory, practical course includes:

- Guided instruction in mindfulness meditation practices
- Gentle stretching and mindful Yoga
- Inquiry exercises to enhance awareness in everyday life
- Individual instruction
- Group dialogue
- Daily home assignments
- Two audio-CDs and workbook

- People participate for***
- reasons as diverse as...***
- Sleep disturbances
- Fatigue
- High blood pressure
- Job, family, financial stress
- Chronic pain and illness
- Anxiety and panic
- GI distress
- Headaches

