

# Mindfulness-Based Stress Reduction Course

## 8-Week Stress Management Course

Created by Jon Kabat-Zinn

Taught by Amy Janssens and Heidi Stark

### What is Mindfulness-Based Stress Reduction? Dates and Times:

An 8-week evidence-based, experiential program designed to provide participants practices to foster increased stress management and well-being. This in-depth training is highly participatory and explores both mindful meditation and movement practices.

#### Orientation:

Monday, January 17- 6:00-8:30 pm EST

#### Classes:

1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/7, 3/14

6:00-8:30 pm EST

#### All-Day Retreat

Saturday, February 26, 8:45 am-4:30 pm

#### Investment:

\$625/\$475/\$395 (Sliding scale offered)

**\$100/person for ALL SCHOOL DISTRICT STAFF within the Char-EM ISD service area. Pending approval, 29 SCECHs are available.**

Class size limited to 30 participants.

Scholarships available upon request.

### Requirements:

This course will be conducted virtually through Zoom. The experiential nature of this class requires audio and video access.

All are welcome on this exploration. Bring a willingness to learn and your curiosity!

### To Learn More:

[amy@myalignedliving.com](mailto:amy@myalignedliving.com)

[www.myalignedliving.com](http://www.myalignedliving.com)

Amy Janssens, MA, and Heidi Stark, M.Ed. are trained MBSR teachers through Brown University's School of Public Health. Both hold teaching licensures. Amy is a Certified Mindfulness Instructor through Mindful Schools and Heidi is a Registered Yoga Teacher (RYT500).

