

MBSR COURSE

Mindful-Based Stress Reduction Course
8-Week Stress Management Course
Created by Jon Kabat-Zinn
Taught by Amy Janssens, MA

*"To be mindful is to befriend
the present moment as it is. To
discover the beauty of your life
while it is still yours to live."
Jon Kabat-Zinn*



What Is MBSR?

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

Fostering Greater Stress Management and Well-Being

MBSR was created in 1979 by Jon Kabat-Zinn, Ph.D., to help patients manage chronic pain and stress. Now widely used by many, MBSR has over 40 years of research showing consistent positive benefits, including:

- Increased well-being and self-awareness
- Greater emotional regulation
- Decreases in stress and suffering
- Reductions in symptoms of chronic pain, anxiety, and depression
- Strengthened immune system
- Greater empathy and compassion for yourself and others.

MBSR is secular and open to everyone.
The only requirement is a desire to learn and a willingness to participate throughout the 8-week program.

LIFE DOESN'T HAVE TO BE PERFECT
To be wonderful



About Amy:

- Trained in MBSR through Brown University
- Certified Mindful Schools Mindfulness Instructor
- A licensed teacher in the State of Michigan
- Masters in Curriculum and Instruction through Michigan State University

Online Program Schedule All classes are held over Zoom

The program begins with a required orientation: 2 1/2 hours

Program Sessions:
2 1/2 hours per week for 8-weeks

Note: First MBSR session is ½ hour longer, and the last class is an hour longer.

All-Day Session: 7 hours 45 minutes

(See website for specific dates)

Please reach out with questions or to enroll in my courses:

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www.myalignedliving.com

