

## WHAT IS MINDFULNESS-BASED STRESS REDUCTION?

Mindfulness-Based Stress Reduction (MBSR) is a program which began at the University of Massachusetts Medical Center in 1979. It was developed by Jon Kabat Zinn and outlined in his book, *Full Catastrophe Living*. It was taught in several formats to clients and has since expanded to include a professional training program. Today, there are more than 200 MBSR programs operating in the United States and abroad.

In the last decade, more healthcare organizations have become interested in offering MBSR—both as a preventive measure and as a means of assisting people learn how to live well with long-term health problems.

*“The Stress Reduction Program can be thought of as a course designed to help people recognize and mobilize their inner psychological resources for taking better care of themselves as a complement to the medical treatments they receive through more traditional healthcare routes. It is based on relatively intense training in mindfulness meditation, and its applications for coping with stress, pain, and the challenges of everyday life compounded by chronic illness or threatening disease.”—Jon Kabat Zinn*



### DEANNA ENGLISH, RN, CMT, RYT

Deanna is a registered nurse, a certified massage therapist in various modalities, a registered yoga teacher, and a yoga therapist in *Yoga of the Heart*. She has been following the knowledge path of mind/body awareness and moving towards greater consciousness and wisdom. In this process, her path has come to include integrating ancient therapies within the scope of allopathic medicine and has helped create several integrative health/wellness programs.

*Life is unfolding, being participated in,  
the next steps unknown.*



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*empowering the individual*

# MINDFULNESS BASED STRESS REDUCTION

*An invitation  
to move toward  
greater balance,  
control,  
and participation  
in your life...*



## WHAT ARE THE COURSE BENEFITS?

- 🧘 Lasting decreases in physical and psychological symptoms
- 🧘 Increased ability to relax
- 🧘 Improved pain levels. Many people learn to cope better with pain that may not go away.
- 🧘 Greater energy and enthusiasm for life
- 🧘 Improved self-esteem
- 🧘 Improved ability to cope with both short- and long-term stressful situations.

Learning MBSR techniques can be helpful in dealing with job, family or financial stress; chronic pain and illness; anxiety and panic; GI distress; sleep disturbances; fatigue; high blood pressure; and headaches.

*The course is a way of doing something for yourself that no one else can do for you. Its aim is to assist you take better care of yourself and get the most out of life.*



## WHAT IS THE COURSE CURRICULUM?

This intensive training in mindfulness meditation provides practical applications for coping with stress, pain, and the challenges of everyday life, especially when compounded by chronic illness.

The course includes:

- 🧘 Introduction: sequencing and systematic development of mindfulness meditation practice
- 🧘 Formal and informal mindfulness practice: sitting and walking meditation, body scan meditation, stretching, and awareness in everyday events
- 🧘 Class presentations and discussions
- 🧘 Learning attitudinal qualities associated with mindfulness practice
- 🧘 Home assignments
- 🧘 Suggested resources for continuity of practice after course completion.

The course requires a strong commitment to work through the eight weeks of gentle but rigorous daily discipline of meditation, body awareness and relaxation. It is also pleasurable and empowering.

## COURSE DETAILS

- 🧘 The course consists of eight weekly classes, each lasting about 2-2.5 hours, and a full-day (10AM-4PM) Saturday class.
- 🧘 The course is offered on a recurring schedule, two to three times a year. Call or e-mail for a current schedule.
- 🧘 Preregistration is required.
- 🧘 The number of participants varies, with a maximum of 25 participants.
- 🧘 The course will include homework assignments and handouts.
- 🧘 Book are available at local bookshops.
- 🧘 Practice tapes are required and can be purchased or rented by participants.
- 🧘 Please wear comfortable clothing and bring a blanket and flat pillow.
- 🧘 Instructor: Deanna English, RN, CMT, RYT

## HOW DO I REGISTER?

For more information, visit

**[emergence-mindfulness.com](http://emergence-mindfulness.com)**

To register, contact Deanna English at 208-507-0165 or e-mail her at [deanna@emergence-mindfulness.com](mailto:deanna@emergence-mindfulness.com)

*Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment. We feel more alive. We also gain immediate access to our own powerful inner resources for coping effectively with stress.*

*empowering the individual*