Mindfulness practice is a form of meditation that involves learning how to pay attention to one’s experience. This special attention involves three elements: awareness, of the present moment, with acceptance. With these elements as objectives, mindfulness practitioners develop the capacity to stay conscious of physical, emotional, and psychological, as well as external events, with increasing calmness of mind, with less preoccupation with the past, or worry about the future.

SOME OF THE BENEFITS

- Reduced physical pain
- Improvements in depression
- Decreases in stress
- Improved immune function
- Decreased anxiety

Mindfulness practice can also improve relationships. Increased marital satisfaction, better communication, improved empathy and compassion, increased acceptance, better awareness of interactional patterns, a deeper sense of safety in relationships, and increased experience of unity with others have all been associated with mindfulness.
MINDFULNESS-BASED STRESS REDUCTION
8-WEEK PROGRAM

FOR THOSE WHO WISH TO
- Stop living on auto-pilot
- Learn more about the mind-body connection
- Experience how mindfulness can change our relationship to thoughts, feelings, and pain
- Develop a new approach to living with many stress-related conditions

PROGRAM INCLUDES
- Guided instruction in mindfulness meditation
- Gentle mindful yoga for all ability levels
- Instruction to support a daily home mindfulness practice
- Educational and interactive discussions on stress management and wellbeing

FOR MORE INFORMATION
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