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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