

Mindfulness-Based Stress Reduction Courses

Lean tools enhancing your life. MBSR is a systematic course with each week building upon one another to support you in developing a mindfulness practice for improved health and wellbeing. Our combined Informational Orientation and MBSR Course explores:

- **Week 1:** What is Mindfulness?
- **Week 2:** Perception and Responding Creatively
- **Week 3:** The Power and Pleasure in Awareness
- **Week 4:** Defining Stress and Discussing Reactivity
- **Week 5:** Responding and Recovering
- **All Day Retreat:** An Extended Time in Practice and New Material
- **Week 6:** Skillful Communications
- **Week 7:** Integrating Mindfulness More Fully into Daily Life
- **Week 8:** Reviewing the Program and Living Life

Winter Course Live Online via Zoom

Required Orientation (Free Information session to learn more)
Wednesday, January 18, at 6 – 8pm

Classes: Wednesdays January 25 – March 15, 6 – 8:30pm (9:00 pm for first and last class.)
All-day retreat class on Saturday, February 25, 2023

Spring Course Live Online via Zoom

Required Orientation (Free Information session to learn more)
Tuesday, March 28, at 6 – 8pm

Classes: Tuesdays April 4 – May 22, 6 – 8:30pm (9:00 pm for first and last class.)
All-day retreat class on Saturday, May 6, 2023

Pay What You Can Course Fee:

Cost \$350 – \$600 on a sliding scale according to what works for you at this time in your life.

Hennepin Healthcare employees receive a \$50 discount. Plus, use PTO for Fitness or BEA funds for providers to pay for this course. (Additional funds for physicians may be available through Office of Professional Work-Life Balance.)

Hennepin County employees may use available Trade Time for Fitness for reimbursement for this course.

Partial Scholarships available, space permitting.

For more detailed information go to: [Mindfulness-Based Stress Reduction - Hennepin Healthcare](#).

Interested in bringing a mindful presentation, workshop or an MBSR course to your organization please email: Mindfulness@hcmcd.org.