

# Mindfulness-Based Stress Reduction Courses

## Deepen your Mindfulness this Summer!

Learn tools for enhancing your life with the Mindfulness-Based Stress Reduction (MBSR) Program. This is a systematic course with each week building upon the one before, support in developing a mindfulness practice for improved health, wellbeing and resilience.

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 Practices
- **Week 6:** Skillful Communications
- **Week 7:** Integrating Mindfulness More Fully into Daily Life
- **Week 8:** Reviewing the Program and Living Life

### Summer MBSR Course ~ In-Person

**Required Orientation:** Saturday, June 15, from 8:30 – 11:00 am

**Classes:** Saturdays, June 29 – August 17 8:30 – 11:30 am (12:00 pm for first and 12:30 for the last class.) All-day retreat class is on Sunday, July 28 from 8:30 – 4:30 pm.

**Where:** Whittier Clinic, Hennepin Healthcare 2<sup>nd</sup> Floor. The all-day retreat will held be off site.

**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](#).

**Questions?** Email [Mindfulness@hcmcd.org](mailto:Mindfulness@hcmcd.org), or call 612-873-8048.