Would you like to
Approach life with more composure, energy, understanding, and enthusiasm?
Develop the ability to cope more effectively with stressful situations?
Improve focus, resilience, and the ability to manage pain?

The University of Cincinnati Center for Integrative Health and Wellness offers an experiential training in Mindfulness-Based Stress Reduction at the Cincinnati Nature Center

The Mindfulness Stress Reduction program was developed at the University of Massachusetts Medical Center by Dr. Jon Kabat-Zinn in 1979 and is an 8-week evidence-based group stress-reduction program that has been shown to be beneficial for:

➢ Anxiety & panic attacks
➢ Stress
➢ Asthma
➢ Cancer treatment side-effects
➢ Chronic illness
➢ Depression & grief
➢ Eating disturbances
➢ Fatigue & sleep problems
➢ Fibromyalgia
➢ GI distress
➢ Headaches
➢ Heart disease & high blood pressure
➢ Pain
➢ PTSD
➢ Skin disorders

The course teaches mindfulness practices (e.g. breath meditation, body scan meditation, yoga), and offers group connection aimed at enhancing self-awareness and self-care. The program is facilitated by UMass-trained MBSR instructor and Clinical Psychologist, Dr. Meera Murthi, in collaboration with the UC Center for Integrative Health & Wellness at the UC College of Medicine.

The cost of participating in the program is $650, which covers over 28 hours of class time, including an all-day Immersion Retreat with a healthy lunch provided, and all program materials.

The 8-week course begins on September 27 and meets weekly on Thursday evenings with the Immersion Retreat on Saturday, October 27 at the Cincinnati Nature Center in Milford, OH.

Please register for one of the $10 Introduction Orientation sessions to learn more about the program, experience a taste of what it has to offer, and enroll in the course. Spaces are limited so register early!

Monday, July 30, 6-8 PM [link]
Wednesday, August 29, 6-8 PM [link]

For More Information: Contact susan.mcdonald@uc.edu or 513-558-5999