



TORONTO MBSR WORKSHOP

MINDFULNESS BASED STRESS REDUCTION

A programme modeled on The Stress Reduction Clinic at
The University of Massachusetts Medical School

A Meditation Based Workshop

An eight week course in mindfulness is offered for individuals who wish to learn Mind/Body techniques to improve health and well-being. Mindfulness is the practice of moment to moment non-judgemental awareness of the life experience. This is an ancient art that is beneficial in maintaining optimal physical, emotional and mental health and is an effective means of working with Stress, Chronic Pain, Anxiety, Depression, Addictions and other afflictions lending themselves to management through the use of mind/body techniques.

Fairfield Seniors Centre

80 Lothian Ave, Etobicoke

Two blocks East of Islington Ave. Running South from Bloor St.

Fall Session Saturday, September 16, 2017 at 9:00 a.m.

The workshop consists of eight weekly sessions lasting three hours. Homework and home practice is a requirement. Group work includes practice in various meditation techniques, mindful movements and discussion of relevant reading material. A full day's Silent Retreat is included on a Saturday after week 6.

The \$150.00 fee includes the text, audio CDs and workbook.

Our Stress Reduction Program is available to those who can benefit without regard to ability to pay. Alternative payment options may be considered.

If you are interested and prepared to make a commitment to attend all of the sessions and do the required work, call;

Roy Hintsa (905) 851-5853

roy.hintsa@rogers.com

to arrange a pre course meeting

www.mbsrtoronto.com

Etobicoke