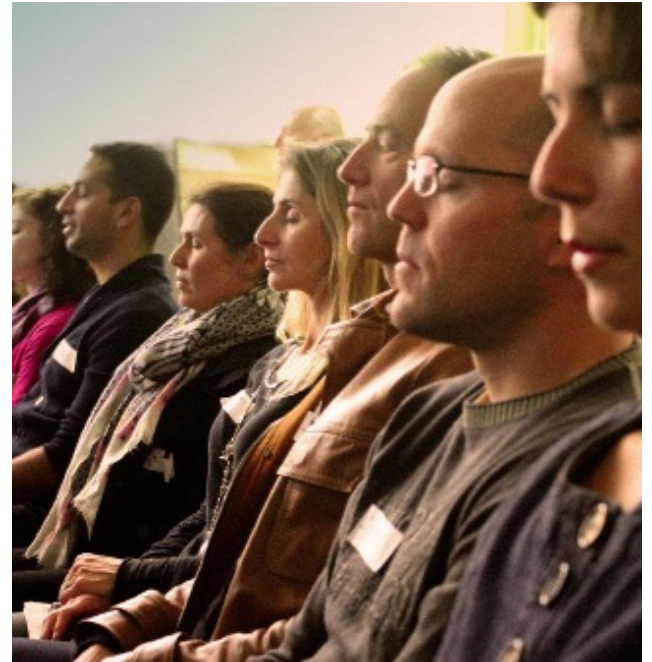


Information Session about Mindfulness Based Stress Reduction (MBSR) Program

This is an opportunity to PRACTICE meditation. It is not a teacher/training course.



What is MBSR?

Mindfulness-based stress reduction is an 8-week psycho-educational training meditation program where people learn formal and informal “conscious living” practices together. This includes mindfulness meditation, gentle yoga, mindful eating, walking, and much more. Mindfulness is the awareness that arise when we are paying attention in the present moment on purpose, non-judgmentally (Kabat Zinn). This program also includes a one-day mindfulness retreat. Research shows MBSR increases overall well-being just as it improves medical and psychological conditions and symptoms related to heart disease, chronic pain, sleep disturbance, anxiety, and depression.

How do I learn more? Just attend one of the information sessions.

Saturday, January 14th. at Miami Hamilton Downtown 221 High St. 45011.

Information Info **Session 1: 1:00-1:45 pm** or Info **Session 2:, 2:00-2:45 pm**

Actual MBSR Program Dates and Times

Days/Times: Saturdays, 1:00-3:00 pm 2/4, 2/11, 2/18, 2/25, 3/4, 3/11, 3/18, 3/25. The 3/18 meeting is a full retreat from 12 to 6 pm.

Location: MUH Downtown

Program limit: 15 people

Fees: \$10 cash donation suggested, collected at the door on the first session. This will cover basic course materials. Information about additional materials (a book) to order will be available at the first session.

How to register: Attend one of the information sessions. If you cannot make the information session, please fill out this form and Suzanne will get back with you: <https://goo.gl/forms/D098v1cRTCE4uETL2> or contact Suzanne Klatt at klatts@miamioh.edu

CEU: This may be a possibility with an additional fee. We will not know until the course starts

Who is the facilitator?

Suzanne Klatt will facilitate this MBSR Program. She is the Director of the Miami University Mindfulness and Contemplative Inquiry Center. Her core professional social work training has been in mindfulness based interventions and existential psychotherapy. In 1997-98, she trained in an intensive 9-month Dialectical Cognitive Behavior Therapy (DBT) program while co-leading mindfulness skills groups. Dr. Klatt utilizes mindfulness in her clinical social work practice and was an MBSR student for the first time in 2000. She took the MBSR course as a student twice and began training with Jon Kabat Zinn in 2003 through the University of Massachusetts Center (UMASS) where the MBSR originated. She completed the UMASS MBSR in Mind-Body Medicine Program, the Teacher Practicum, the Teacher Development Intensive, and is also certified in Mindful Schools, Mindfulness in Schools, and Trauma Sensitive Yoga. She participated in a year-long Mindfulness Education Institute alongside other mindfulness educators.