

Mindfulness-Based Stress Reduction Course

July 11-September 5, 2020
Saturdays 9:00AM-11:30AM

The Journey Series at St. Andrew's Cathedral, Jackson, MS invites all to this 8 week live & online course.

- Are you looking to deepen (or begin!) your meditation or mindfulness practice?
- Do you yearn for greater peace of mind?
- Do you wish to learn to cultivate greater self-awareness, respond rather than react to stress, and change habitual reactivity patterns?
- Do you need to learn to recharge your own batteries and care for yourself while working for justice and peace?

On nine consecutive Saturdays in July-September, please join us for the gold standard Mindfulness-Based Stress Reduction (MBSR) Live & Online course. The class is for beginner meditators, therapists, teachers, clergy, and anyone else looking to learn and grow personally and professionally.

This program is based on the work of Dr. Jon Kabat-Zinn and his Mindfulness-Based Stress Reduction (MBSR) Program established at the University of Massachusetts Medical Center and now at Brown Mindfulness Center.

The class structure includes psycho-education, formal and informal meditation, and simple movement practices, as well as teacher-led conversation and inquiry. Daily home practices and homework will be assigned.

The course will be co-led by Kathy Woodliff, LPC and Cricket Cooper, MDiv. Kathy is a certified MBSR teacher from Brown Mindfulness Center and Cricket is a qualified teacher. The course has been approved as CEU hours for counselors and teachers.

[Learn more](#)

[Register here](#)