

What is mindfulness....

Mindfulness is an approach to self-care that encourages us to connect with our body, mind and spirit.

Mindfulness is a non-judgmental way of paying attention in the present moment to what is happening within us and around us. When we pay attention in this way, we see things more clearly and develop a greater understanding of why things are the way they are.

Why meditate? Because of the risk that your whole life could go by and you would miss it - because you were absorbed in what you thought you needed to be doing. You weren't really examining the choices that you make. You may feel like you are responding to forces that are beyond your control, and therefore you feel imprisoned in your own life. My own view is that as long as we're breathing, we have lots of options

Jon Kabat-Zinn

A good head and a good heart are always a formidable combination.

Nelson Mandela

Course Description

In the course, you will learn:

- Meditation practices
- Methods to reduce stress & pain
- Skills for social change
- Ways to connect with our body, mind and spirit
- How to increase your energy and concentration
- How to work with others and resolve social and interpersonal conflicts
- Practical skills to calm your mind and think clearly.

The program will be taught by Dr. Steven Hick PhD, Professor at Carleton University

email Dr. Steven Hick at
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MBSR Ottawa (office)
Harmony Health Centre
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Mindfulness- Based Stress Reduction



Do you need more inner peace and calm?

Are you facing pain, illness or difficulties in your life?

Are you drawn to the wish to live your life more fully?

www.mbsrottawa.com

Registration Form

Name _____

Address _____

Phone _____

Email _____

I would like to pay by:

Cheque (payable to PSI Ottawa)

Credit card

Register early as space is limited

You may register by mail, phone or email.

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Who Can Benefit

Program is beneficial for people experiencing:

- Chronic pain
- Heart disease
- Cancer
- High blood pressure
- Arthritis
- HIV infection
- Sleep disturbances
- GI problems
- Major medical illnesses
- Anxiety and panic
- Job or family stress
- Headaches
- Depression
- Caregiver stress
- Eating disorders
- Fibromyalgia

Location and Time

Time:

To be announced.

Daylong retreat after 5th class.

Course Location:

TBA

Program Costs and Requirements

Class members are asked to do one hour of homework per day, six days a week to learn and practice the techniques of mindfulness.

The program is suited to those individuals who are willing to become actively involved in their own care.

What is the Cost?

Registration Fee: \$100.00

Scholarship funds available

This is a new lower subsidized rate. Registration will be limited so place your name on the registration list early.

This course consists of 8 weekly classes including 1 day long class after week 5. The course fee includes all print materials and CDs, the eight sessions and the day-long session.

Bring a mediation cushion (chairs are provided) or a yoga mat if you have them.