Mindfulness Based Stress Reduction:
Improving Resilience for Enhanced Emotional Wellbeing

Dates: Wednesdays, 6:00-8:00 pm
Half Day Retreat on Saturday, March 2, 1-6 pm

INFORMATION SESSION: January 16, 2019, 6:00-7:00 pm

Location: Studio D YOGA, 1811 Huguenot Road, Suite 100, Midlothian, Virginia 23113

Mindfulness is about purposely choosing to be present in each moment with a friendly kindness towards all feelings, thoughts, or body sensations as they arise in the moment. As you learn mindfulness skills to stay present with your moment-to-moment awareness, your ability to take charge of your health and feel more in control of your life is enhanced. MBSR is a researched-based program, originating out of UMASS Medical School. Additionally, MBSR is the most evidenced based program to support brain change and build a meditation practice to support on-going resilience. For over 35 years, it has offered opportunities for enhanced emotional well-being to participants from all walks of life and all around the world. During this eight-week program, the instruction and practice will increase your ability to cope more effectively with stressful situations and connect more fully with yourself, life and others. Participants have reported an increased ability to relax, a greater enthusiasm for life, and improved self-esteem. You will learn mindfulness meditation and gentle movement techniques; tools for identifying and managing stress when it is occurring; the role your thoughts play with increasing or decreasing stress; and more effective communication.

Martha Rouleau has gone through extensive training including working with a mentor to reach the Qualified Teacher Status through University of California, San Diego. She has taught multiple groups in Connecticut and is happy to bring MBSR to Studio D Yoga as she has both experienced and witnessed the lasting impact of MBSR for herself and participants.

Cost: $225

Register on-line at http://www.studiodyoga.com

For questions, please contact Martha at mnrouleau@comcast.net