

# Mindfulness-Based Stress Reduction

## MBSR - Winter 2021

### Live Online via Zoom

MBSR is an 8-week evidence-based, experiential program designed to provide participants with intensive and systematic training in mindfulness meditation and movement practices to be integrated into one's daily life.

Research on MBSR consistently demonstrates positive outcomes associated with increased self-awareness, emotion regulation, and focus, as well as reductions in anxiety, depression, and chronic pain.

This course is appropriate for anyone who is impacted by stress and interested in exploring how mindfulness may support you in living life more fully, with greater ease and wellbeing.

#### MBSR Program Schedule

<b>Free Orientation Session</b>	Thursday, January 21, 12 – 1pm or 5 – 6pm *Attendance at either orientation session is required for participation in the course
<b>MBSR Morning Program</b>	Wednesday mornings; February 3 – March 24; 9:30 – 11:30am
<b>MBSR Evening Program</b>	Wednesday evenings; February 3 – March 24; 5:30 – 7:30pm
<b>MBSR Weekend Program</b>	Saturday mornings, February 6 – March 27; 9:30 – 11:30am
<b>Retreat Day</b>	Sunday, March 14, 10am – 3pm

#### MBSR Program Fee

\$450 for the 8-week, 9-session course

Program is free for Rush University students and residents

Rush employees may be covered by LEAP benefit

#### MBSR Program Registration

To register, please contact Lisa Selefski at 312.942.0118 or [lisa\\_selefski@rush.edu](mailto:lisa_selefski@rush.edu)

A Zoom link will be sent for the orientation and weekly sessions following registration

#### Instructors

Rebecca Bunn, MA, LCPC  
Susan Gray, NBC-HWC

