

Friday August 11, 2006
or
Saturday August 12, 2006

FREE !

Mindfulness-Based Stress Reduction (MBSR) Class

Are you:

Stressed?
In Pain?
Anxious?
Depressed?
Struggling with illness?
Worried about the future?
Ready for a change?

Presented by
Elizabeth Davis, LPCIntern
Gonino Wellness Group
LICENSED PROFESSIONAL COUNSELOR INTERN

THE INVITATION

You are invited to consider a Stress Reduction workshop for yourself. If you attend, you will be expected to do so wholeheartedly. Your benefits depend directly on your own willingness to participate in workshop experiential exercises and to practice skills learned daily, on your own.

In this workshop you can discover wisdom and resources you have within, that you may not realize you have. Fortunately, Stress Reduction isn't something you 'get', you already have the resources you need. Attend and discover a new, peaceful interior world.

INDICATIONS FOR REFERRAL

Mindfulness-Based Stress Reduction (MBSR) programs have been offered now in the United States and worldwide for more than twenty years. In this workshop, you will learn the basics of MBSR.

People are referred for conditions such as the following:

- Heart disease
- Anxiety & Depression
- Job or family stress
- Chronic pain
- Cancer
- Headaches
- Sleep disturbances
- Type A behavior
- High blood pressure

The majority of MBSR participants report lasting decreases in both physical and psychological symptoms. Pain levels improve and people learn to cope better with pain that may not go away. Most people also report an increased ability to relax, greater enthusiasm for life, improved self-esteem, and increased ability to cope more effectively with stressful situations.

WORKSHOP FORMAT

The workshop consists of the following: body scan and relaxation techniques, gentle yoga, guided imagery, and clinical meditation. We will have a brief overview, breathing exercise, mindful

exercise, body scan exercise, guided relaxation, 5-minute sitting meditation, and gentle yoga posing.

Wear loose-fitted clothing and bring a firm pillow or meditation cushion and a blanket (to be folded) for physical support.

FEES

FREE!

DATES & TIMES (choose one)

- Friday, August 11, 2006
6:30 - 9:00
- Saturday, August 12, 2006
9:30 - 12:noon

Sign up today, **space is limited!**
Call 972.475.1500
or come by our office!

Join this popular mindfulness workshop to address your life's physical and emotional challenges.
Cultivate a peaceful heart!



Working together,
we can make a difference!

The Gonino Wellness Group
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972-475-1500