

# Fall Mindfulness-Based Stress Reduction (MBSR)

*Instructor:*

*Heidi J. Stark, M.Ed, RYT*



Heidi Stark, M. Ed, RYT500, is a trained MBSR teacher through Brown University's School of Public Health. She holds teaching licensure in the State of Ohio and is a Registered Yoga Instructor. Heidi lives in Bryan, Ohio with her husband and two boys.

## **Dates and Times:**

*Orientation:* 9/13- 6:00-7:30 pm EST

*Classes:* 9/20, 9/27, 10/4, 10/11 10/18, 10/25  
11/1 and 11/8 6:00-8:30 pm

Class 1 and Class 8 may run  
30 minutes longer.

All-Day Retreat - 10/23 - 8:45am-4:30pm

## **To Register:**

Space is limited. Registration is required. Register to reserve your spot by contacting Kathy Davis at [kathydavis@chwchospital.org](mailto:kathydavis@chwchospital.org)

**Fully funded by**



## **What is MBSR?**

MBSR is an 8-week evidence-based, experiential program designed to provide participants practices to foster increased stress management and well-being. The in-depth training is systematic, highly participatory, and explores both mindful meditation and movement practices.

MBSR was created in 1979 by Jon Kabat-Zinn, Ph.D., to help patients manage chronic pain and stress. Now widely used, MBSR has over 40 years of research showing consistent positive benefits, including:

- Increased well-being and self-awareness
- Greater emotional regulation
- Decreases in stress and suffering
- Reductions in symptoms of chronic pain, anxiety, and depression
- Strengthened immune system
- Greater empathy and compassion for yourself and others

**All are welcome on this exploration. Bring a willingness to learn and your curiosity!**

*This opportunity will implement some gentle, **all-levels** movement. Movement can be done from a chair as well.*

*Classes will be held in the Bard ABC Conference Room at CHWC - Bryan Hospital - 433 W High St - Bryan, OH*

*“You can't stop the waves, but you can learn to surf.”*  
— **Jon Kabat-Zinn**