

# Mindfulness Based Stress Reduction

Powerful ways to reduce stress and  
enhance your health and well-being

**The MBSR Program is effective for people  
wishing to work more holistically with:**

Stress - job, family, personal

Heart Disease

Cancer

Chronic Pain

High Blood Pressure

Asthma

Sleep Disturbances

Fatigue / Fibromyalgia

GI Distress

Diabetes

Headaches

Anxiety and Panic

Weight Management

Depression

## **You will learn**

- Proven coping skills to manage stress with greater ease
- Gentle movement and strengthening exercises for releasing tension and feeling good
- Methods for increasing your awareness of the relationship between mind and body
- Ways to help you skillfully face change and difficulties in your life
- To discover your own ability to move toward greater control and peace of mind



**The Mandala Center  
for Healing Arts**

Holistic Connections to Wellness

Two decades of published research show that graduates of the MBSR Program report:

- Increased ability to cope with short and long term stressful situations
- Improved ability to relax deeply
- Lasting decreases in physical pain and psychological distress
- Greater enthusiasm and vitality

## Mindfulness

Mindfulness is a way of learning to pay attention to whatever is happening in your life at the moment, as it arises. This is a challenging and life-affirming practice of discovering how to “be with” ourselves and the sometimes problematic circumstances of our lives in non-judgmental and accepting ways. Mindfulness practice is a way of taking care of yourself that no one else can do for you - deliberately working with your own stress, pain, illness, and the demands and challenges of your every day life.

## Individual Sessions

Come in for 45 minute private sessions and begin to explore the benefits of mindfulness in your own way and at your own pace. Consultation fee may be submitted to insurance.

## Classes

Classes will run for 6 consecutive weeks. Cost for the 6 week course is \$180 payable prior to the first class.

Call Victoria Shaw, DNP,CRNP  
at **330-865-6010** for  
more information or to register.