

MBSR: Mindful Based Stress Reduction



Eight-Week Program Plus Orientation and Retreat

Mindfulness facilitator Ginny Wholley was trained by the University of Massachusetts Medical School's Center for Mindfulness, in the world-renowned MBSR program, founded by Jon Kabat-Zinn.

Orientation: Tuesday, August 8 or Tuesday, September 5
6 to 8 p.m., Saxe Room in the Main Library

Eight Classes: Tuesdays, September 12, 19, 26 and October 3, 10, 17, 24, 31,
6 to 8:30 p.m., Saxe Room in the Main Library

Full Day Silent Retreat: Saturday, October 28, 9:30 to 5 p.m.,
Saxe Room in the Main Library

Bring your own mat.

To receive maximum benefit you are encouraged to attend all sessions.

Register online today at www.mywpl.org or call 508-799-1655 ext. 3.

The program consists of:

- Instruction on formal and informal mindfulness practices
 - Guided meditations
- Exercises directed at developing awareness
 - Dialogue and group discussions
- Mindful movement: gentle yoga, stretching and walking
(All movement can be adapted for abilities at any level)
 - Home practice

