



“All the suffering, stress, and addiction comes from not realizing you already are what you are looking for.”

Jon Kabat-Zinn

ABOUT THE PROGRAM

The program consists of eight weekly two-hour classes and day retreat between sessions six and seven.

Highly participatory, supportive, and structured, this program will provide you with:

- Guided instruction in mindfulness meditation practices;
- Gentle stretching and mindful yoga;
- Group dialogue and mindful communication exercises to enhance awareness in everyday life; individually tailored instruction;
- Daily home assignments; and
- Home practice materials including guided mindfulness practice CDs and a workbook

The program is challenging and life-affirming. The instructors are accomplished and skilled at creating a safe, supportive, and deeply engaging experiential learning environment. They will assist you in learning these methods, providing both group and individualized instructions and directions for how to learn, practice, and integrate mindfulness into your everyday life.

Participating in the Stress Reduction Program requires an ongoing commitment to yourself. You will be asked to attend all classes, including the one-day weekend retreat, and to practice daily home assignments for 45-60 minutes a day.

WHO WILL BENEFIT

The Stress Reduction Program has benefited people reporting a variety of conditions and concerns:

- Stress including work, school, family, financial, illness, aging, grief,
- Uncertainty about the future, and feeling “out of control.”
- Medical conditions including chronic illness or pain, high blood pressure, fibromyalgia, cancer, heart disease, asthma, GI distress, skin disorders, and many other conditions.
- Psychological distress including anxiety, panic, depression, fatigue, and sleep disturbances.
- Prevention and Wellness including health enhancement and wellness focused on prevention and learning the “how” of taking good care of yourself and feeling a greater sense of balance.

Mindfulness-Based Stress Reduction is highly respected within the medical community. It is not offered as an alternative to traditional medical and psychological treatments but as a complement to these approaches. Our experience suggests that doing what you can for yourself, coupled with what your physician can do for you, can be far more effective than either approach used on its own.

The majority of participants who complete the MBSR program report significant decrease in both physical and psychological symptoms, as well as improved ability to relax and deal with short and long-term stressful situations.

94% of participants report knowing how to take better care of themselves than before the program

83% of participants have made healthy lifestyle changes as a result of the program

93% of participants report being better able to handle stressful situations following the program

97% of those who complete the program state that they have drawn something of lasting value from it

RESEARCH

Research on Mindfulness Based Stress Reduction was undertaken in 1997, and continues to shed light on the effectiveness of mindfulness-based stress reduction (MBSR) through pilot investigations, small studies, and large-scale research funded by the National Institutes of Health.

ENGAGE

For more information on the Stress Reduction Program, including a schedule of classes and orientation sessions, costs, payment options, and class locations, please contact us at endeavourgroup.com/contact-us/