

Mindfulness-Based Stress Reduction Courses

Deepen your Mindfulness this Summer!

Learn tools for enhancing your life with the Mindfulness-Based Stress Reduction (MBSR) Program. This is a systematic course with each week building upon the one before, support in developing a mindfulness practice for improved health, wellbeing and resilience.

Our combined Informational Orientation and MBSR Course explores:

- **Week 1:** What is Mindfulness?
- **Week 2:** Perception and Responding Creatively
- **Week 3:** The Power and Pleasure in Awareness
- **Week 4:** Defining Stress and Discussing Reactivity
- **Week 5:** Responding and Recovering
- **All Day Retreat:** An Extended Time in Practice and New Practices
- **Week 6:** Skillful Communications
- **Week 7:** Integrating Mindfulness More Fully into Daily Life
- **Week 8:** Reviewing the Program and Living Life

Summer MBSR Course ~ In-Person

Required FREE Informational/Orientation: Tuesday, July 2, from 6:00-8:00 pm. Please send an email to mindfulness@hcmcd.org for the ZOOM link to join.

Classes: Saturdays, July 6 – August 24 from 8:30 – 11:00 am (a half-hour longer for the first and one hour longer for the 8th week - last class.) Includes an all-day retreat class is on Sunday, August 4 from 8:30 – 4:30 pm off-site, location shared in the class.

Where: Whittier Clinic, Hennepin Healthcare 2nd Floor. The all-day retreat will held be off site.

Pay What You Can Course Fee: Cost \$350 – \$600 on a sliding scale according to what works for you at this time in your life.

Hennepin Healthcare employees receive a \$50 discount. Plus, use PTO for Fitness or BEA funds for providers to pay for this course. (Additional funds for physicians may be available through Office of Professional Work-Life Balance.)

Hennepin County employees may use available Trade Time for Fitness for reimbursement for this course.

Partial Scholarships available, space permitting.

For more detailed information: Go to: [Mindfulness-Based Stress Reduction - Hennepin Healthcare](#).