

Mindfulness-Based Stress Reduction (MBSR)

Tools for Managing Stress and Enhancing Wellbeing

8-Week Course



WHY TAKE A MINDFULNESS-BASED STRESS REDUCTION COURSE?

- Research shows that MBSR improves anxiety, sleep, hypertension, and well-being
- Over 40,000 people have learned vital skills for living more fully through MBSR
- Helps build emotional strength for dealing with everyday stresses
- Provides mindfulness resources, recordings and weekly home practices to support engagement and growth

This program is designed for the general public, no meditation experience required

Want to learn more about MBSR? Join us for a FREE 1-HR Introductory Workshop

Register and learn more at www.chacmc.org/courses



Dates: Wednesday Evenings,
July 12, 19, 25, August 2, 9, 16, 23 and 30
Time: 6:00-8:30 PM

Retreat: Saturday, August 26, 2017
Time: 9:30 - 4:30 PM

Location: Cambridge Health Alliance
Center for Mindfulness & Compassion
26 Central Street,
Somerville, MA 02143,
2nd Floor Community Room



"After this course, I learned how to recognize where I hold my tension and to release it."

"My favorite part of the program is the diversity of exercises, sharing and applicability to real life."



Instructors: Natalie Cepeda M.A.
& Juan J Miret Ph.D.

Cost: Early bird until June 12-\$550
June 13 to July 5-\$600
July 6 to July 12-\$650

50% off for CHA patients/employees
Need-based scholarships available

Questions: cmc@challiance.org
617-591-6132
www.chacmc.org



Center for Mindfulness and Compassion

Course Instructors:



Natalia Cepeda, M.A. is a qualified Mindfulness-Based Stress Reduction (MBSR) teacher, and Mindful Schools Certified Instructor. She is also an Option Process® counselor and yoga teacher. Natalia started meditation studies as a child in her native Argentina; and spent most of her life teaching children and adults languages, and later on yoga and Mindfulness. Natalia is currently teaching at Cambridge Public Schools and senior centers.



Juan J Miret, Ph.D. is a qualified Mindfulness-Based Stress Reduction (MBSR) teacher. He began meditation studies at UMass Stress Reduction Clinic and Cambridge Insight Meditation Center in 1994, and continues practicing at both centers. Juan J is in the process of becoming a qualified teacher for Mindful Eating, a UMass Stress Reduction Clinic program aimed at changing our relationship with food to improve our health. He has a Ph.D. in Biochemistry and is currently working in cancer research at the Dana Farber Cancer Institute, affiliated with Harvard University. Juan J is currently teaching mindfulness with a primarily Hispanic population at Hector Reyes House, a center for addiction recovery.

The **Center for Mindfulness and Compassion (CMC)** is an interdisciplinary center within Cambridge Health Alliance (CHA). CMC aims to enhance the health and well-being of Cambridge Health Alliance and our local community by integrating mindfulness and compassion into healthcare. Grounded in the value that mindfulness and compassion are innate human capacities that support health and well-being, CMC aims to foster an inclusive, caring and multi-cultural community that allows individuals to thrive.

Visit our website at www.chacmc.org to learn more about our workshops, courses and offerings.

Contact our Center at cmc@challiance.org or 617-591-6132



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