

Welcome to MBSR Orientation

This session is important in getting a good start to the course. It is designed to give you a preview of the MBSR (Mindfulness Based Stress Reduction) course content, and to meet other people who are interested in taking the course. I expect that by the end of this session, you will have enough understanding of MBSR to decide whether or not it offers what you are looking for as you seek stress reduction, and overall enrichment.

The course is taught weekly in eight 2 ½ hour sessions. In addition, the curriculum includes a 7 hour all-day silent retreat.

Orientation will cover a brief history of the program, and an overview of research that supports its effectiveness in reducing stress and improving quality of life. Because chronic stress is well known to be associated with negative health consequences, we have in MBSR, an opportunity to measurably improve sleep, pain, emotional regulation, and to address habits that compromise our health. I believe the most important benefit however, is learning to be more present in our everyday lives. This involves learning to be still, learning to lighten self-judgement, and understanding what we can and cannot control. If you are open to learning these things, even if they seem difficult, you are likely to benefit from this course. If you benefit from this course, others in your life will benefit as well.

I encountered MBSR in 2005 at a professional conference, and was immediately drawn to it as a safe, evidence-based practice with a potential for my own healing from breast cancer, diagnosed in 1998. I took my first MBSR course soon thereafter at the University of Minnesota Center for Spirituality and Healing, and have been practicing mindfulness meditation daily ever since. Along the way, I became a Qualified, MBSR Teacher trained at the Center for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts Medical School in Worcester MA.

It is my honor to be your teacher, and to support your curiosity and courage as you engage in this unique opportunity to learn about your natural capacity for personal growth and healing.

Warmly,

A handwritten signature in cursive script that reads "Geri".