

MBSR: Time and Content

Orientation @ 1.5 hrs. (1.5)
8 Weekly classes @ 2.5 hrs. (20)
1 All Day Silent Retreat @ 7 hrs. (7)
Homework @ 1 hr./day @ 5 days (40)



68+ Hours

Formal Practices

Eating
Body Scan
Awareness of Breath
Stretching (yoga)
Walking
Choiceless Awareness
Compassion

Informal Practices

Pleasant Events
Unpleasant Events
Difficult communication
Personal Stress Response
Curiosity/Experiment
Intention setting
Self-compassion

Topics

What is Mindfulness
Perception
Habit/“autopilot”
Stress physiology
Stress reactivity
React vs. Respond
Skillfulness