



## Welcome to *Mindfulness-Based Stress Reduction- Denver Class*

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**Congratulations! Your Registration is confirmed to attend the MBSR 8 week class** (once payment is received). Dates & Times of your class are specified in your registration email.

I look forward to sharing this journey with you. Here you will find the basic information you will need to participate. If you have further questions or concerns, feel free to contact the Center for Healthy Habits [center.healthyhabits.info or 720 317 5170].

Registration is nontransferable and adheres strictly to all cancellation policies and Class is subject to Minimum Participant requirements

**Location:** 190 East 9<sup>th</sup> Ave, Ste 390, Denver, CO 80203

**Office #390:** Enter Street Lobby (you are on 2<sup>nd</sup> floor) go to next floor up to 3<sup>rd</sup> floor

**Parking:** Street only – some metered 5 hours, some meters end at 6, some non-metered

**\*\*Weather Closures:** *if the unexpected prevents our meeting in person, we will then have class @ ZOOM online platform, (you will receive further information & specifications to make online meeting a valuable real time connection free from distractions safe, secure, easy download)*

### What to Expect:

No matter what motivated you to participate, {*maybe you know of Jon Kabat Zinn, originator of MBSR, and its scientific evidence for enhanced health and well-being, or have never heard of it before, you might be in physical or emotional pain, or wondering about the ‘how’ of this thing called Mindfulness, or find yourself overwhelmed with daily demands, having difficulty in relationships, or interested in someday teaching MBSR,*} our individual journey will be linked as we meet on the common ground of being human, and all the challenges and joys this implies, exploring how to relate to our experience in new ways that might alleviate our suffering and illuminate our health.

Each week we will build on the week before, growing what we learn from our experience, so participation is essential, and each member of the group is helped by the presence and commitment of the other members. Commitment to entire class is primary in receiving its potential benefit.

It is important to note, this is not an easy process, as anything worth its while, it is complex, and those who do best decide on their commitment from the start, and have a plan of what they will do if they run into doubt, or loss of will. Further, none of this requires that you believe in Mindfulness, but it does require actual ‘Time In’ the actual Practice to Discover.

On that note, there will be **home practice with guided MP3 audio** between each class. This class is all about practice, not a conceptual knowing, but a direct experience of what it means to be mindful to determine positive outcomes. (having said this, our relationship and struggle with practice is all a part of what we will explore, so show up as you are, even if your dog ate your homework!)





We will explore mindful sitting, walking, movement, body scan, practice heart awareness, inquiry of the patterns of our experience, and share our experience (if you feel comfortable), within a safe, supportive, confidential environment.

This is not group therapy, but a skills-based workshop to learn lifestyle tools for long-lasting healthy change. If you find yourself with internal states or emotions that you feel you need additional help with, I am available for individual sessions. Within the group, all experience is honored, and your participation includes having time to share what is arising for you-- to be seen, heard, and re-cognized, but not analyzed.

### Group Norms/ What to Bring:

- Arrive early, allowing for traffic, getting yourself settled, so we can start on time. If, however, you are late, just come in and get settled and notice how you feel and what kind of self-talk occurs.
- Eat before you arrive to keep your blood sugar even and brain what it needs to be alert.
- Leave your Smart Phones off. (even better, out of the room, give yourself the freedom)
- Bring your water bottles (liquid containers must have lids).
- Bring your journal/pen.
- Wear loose fitting comfortable clothes to allow for movement and ease in sitting practice.
- Bring yoga/ or other floor mat for Mindful Movement
- Bring a shawl or layers to work with fluctuating temperature during practice.
- Confidentiality is necessary. Feel free to share your experience outside of group, but refrain from sharing about other group members or disclosing names without permission.
- Group norms are about safety and learning to include all aspects of self and other, arrive as you are, be as you are.
- Let yourself be challenged by new ideas and practices, decide to experiment and *let your experience in the Present Moment teach you, versus holding too closely to conceptual views.*
- Expect to feel uncertain at the start, and notice doubts and fears as you participate, staying committed to your intention.
- My intention is to be of benefit, if you feel the impact is not beneficial, please let me know (in class or out)

### How to Prepare:

- Inquire into your **motivation** to attend: What's on your mind/heart? How does your body feel?
- Wonder about your **Intention** in participating (different than goals): What matters to you most, what quality of experience do you wish to cultivate, what will help hold you when you feel like giving up? **Intention is the “why bother”.** (*i.e., weight-loss: you might have a goal to lose 10 lbs., but an intention of that goal becomes the encouragement which helps you focus on what's important to you, for example, to eat healthy and lose weight is to grow a sense of worth through self-care—there is a larger value beyond a limited objective.*)
- Assess your **Commitment**: this class requires each of us **to show up no matter what**, whether we feel like it that night, or are having a perception of benefit or not—to stay the course regardless of mood or impulse.
- Be interested in what you push away and what you want more of on a daily basis.
- Begin to notice what types of self-talk you engage in. (we have over 80,000 thoughts per day)
- Notice when you feel at ease – How do you know?





**Some Recommended Reading:**

- It is recommended that you set down any striving to understand conceptually through reading, and spend the 8- week course immersed in direct experience as your primary way of knowing.

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*One Mind, One Moment, One Movement™  
in the Direction of Cultivating what is inherently well in each of us.*

