



An offering by Sacramento Insight Meditation (SIM)

# Mindfulness Based Stress Reduction (MBSR)

MBSR is the most widely researched and utilized mindfulness program in the world. This intensive eight-week training was developed at the University of Massachusetts Medical School by Jon Kabat-Zinn in 1979. MBSR combines mindfulness meditation, yoga, and body-awareness practices with group processing and psychoeducation about stress physiology. Students learn how to mobilize their inner resources to alleviate suffering associated with chronic pain and illness, as well as conditions such as anxiety, depression, headaches, high blood pressure, sleep disturbances, gastrointestinal problems and the stresses of everyday life.

**Free Introduction: April 10, 6:30 pm to 8:30 pm**

**8 Session Course: Wednesdays Apr 24 - Jun 12, 6:30 pm to 9:00 pm**

**All Day Retreat: Sunday, Jun 2, 9:00 am to 4:00 pm**

**Location: 3111 Wissemann Drive, Sacramento, CA**

Visit [www.sactoinsight.org](http://www.sactoinsight.org) to register for the free introductory session on 4/10/19 or to register for the 8 week course ( \$375 ) that starts 4/24/19. Space is limited and pre-registration is required. For more information you may also phone 760-579-2429.



Course Instructor: Matt Russell, PhD, UMass Medical School Center for Mindfulness qualified MBSR teacher