

Mindfulness-Based Stress Reduction

MBSR – Winter 2023

Live Online via Zoom

MBSR is an 8-week evidence-based, experiential program designed to provide participants with intensive and systematic training in mindfulness meditation and movement practices to be integrated into one's daily life.

Research on MBSR consistently demonstrates positive outcomes associated with increased self-awareness, emotion regulation, and focus, as well as reductions in anxiety, depression, and chronic pain.

This course is appropriate for anyone who is impacted by stress and interested in exploring how mindfulness may support you in living life more fully, with greater ease and wellbeing.

MBSR Program Schedule

Free Orientation Session*	Thursday, January 12, 12 – 1pm Thursday, January 12, 5 – 6pm <small>*Attendance at either orientation session is required for participation in the course</small>
MBSR Weekly Program	Thursday evenings, January 19 – March 16, 6:00 – 8:00pm
Retreat Day	Saturday, March 4, 10:00am – 3:00pm

MBSR Program Fee

\$400 for the 8-week, 9-session course

\$200 for students 18+

Rush employees may utilize LEAP benefit to cover the cost of tuition

MBSR Program Registration

To register, please contact Rebecca Bunn at rebecca_bunn@rush.edu.

A Zoom link will be sent for the orientation and weekly sessions following registration

Instructor

Rebecca Bunn, MA, LCPC
Certified Mindfulness-Based Stress Reduction Teacher

