

# Mindfulness-Based Stress Reduction

## MBSR – Spring 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

<b>Free Orientation Session*</b>	Wednesday, May 3, 12 – 1pm Wednesday, May 3, 5 – 6pm *Attendance at either orientation session is required for participation in the course
<b>MBSR Weekly Program</b>	Wednesday evenings, May 10 – June 28, 6:00 – 8:00pm
<b>Retreat Day</b>	Saturday, June 17, 10:00am – 2:00pm

#### 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](mailto: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

