

Mindfulness-Based Stress Reduction

MBSR - Winter 2021

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 21, 12 – 1pm or 5 – 6pm *Attendance at either orientation session is required for participation in the course
MBSR Morning Program	Wednesday mornings; February 3 – March 24; 9:30 – 11:30am
MBSR Evening Program	Wednesday evenings; February 3 – March 24; 5:30 – 7:30pm
MBSR Weekend Program	Saturday mornings, February 6 – March 27; 9:30 – 11:30am
Retreat Day	Sunday, March 14, 10am – 3pm

MBSR Program Fee

\$450 for the 8-week, 9-session course

Program is free for Rush University students and residents

Rush employees may be covered by LEAP benefit

MBSR Program Registration

To register, please contact Lisa Selefski at 312.942.0118 or lisa_selefski@rush.edu

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

Instructors

Rebecca Bunn, MA, LCPC
Susan Gray, NBC-HWC

