

## Mindfulness-Based Stress Reduction Program Questions

### General Questions:

#### 1. What is Mindfulness, and what am I paying attention to?

Mindfulness is the *awareness* that emerges when paying attention on purpose in the present moment- non-judgmentally, to things as they are. This means paying attention to things as they ‘actually’ are, rather than, as we want them to be.

#### 2. Why does paying attention in this way help?

It takes less energy to be in the present with what is real, rather than always wanting something different. By cultivating awareness, and gentle acceptance of the reality of things, we can start living here and now, and lessen our suffering. This doesn’t mean we have to like it, it simply means we experience what is happening: moment-by-moment.

#### 3. How is Mindfulness Meditation a Spiritual practice?

This is the development of contemplation- a practice that revolves around being awake, and is supported through silence. By cultivating the awareness of ‘being’ rather than ‘doing’, we are getting in touch with what is most important to us.

### Information, Registration, and Attendance Questions:

#### 1. Can I drop in or just come to a couple of classes to see if I like it?

No. The MBSR information and orientation session provides details about the MBSR program. There are no drop-in options due to cumulative, in-depth learning, and confidential nature of MBSR. Education and change begin at orientation, and deepen in Week #1. You are worth the effort.

#### 2. Will you take my name and hold a spot in the MBSR program?

No. Your spot is reserved once the MBSR registration process is completed with: questionnaire received, interview conducted, attendance at registration, and payment is received. Due to the high-level of interest, beginning this process early is suggested. Class size is limited.

#### 3. Does everyone have an interview?

Yes. Due to the in-depth, personal nature of the MBSR, interviews take place *before* MBSR information and registration. This is done in order to support the best possible timing of taking MBSR for each participant, and to make the program personally relevant.

#### 4. What if something comes up and I have to miss a class?

Life happens. As long as you are committed to doing daily home practice, this will be fine. If you know you’ll miss more than 2 classes, please consider registering for an MBSR program in the future. The group learning is cumulative, and you are an integral part of the MBSR community. Your presence matters to others, and is important.

### Financial Questions:

#### 1. What if I can only come to 6 out of 8 classes is there a discount?

The MBSR program is not pro-rated. You will receive and have access to materials prepared specifically for this MBSR program. There are benefits from whatever portion of the program you attend, especially with sincere dedication to home practice. You are making a commitment to yourself and you are worth the effort.

#### 2. What if extenuating circumstances arise during the program?

Life certainly does happen, and not as planned. Each situation is individual, and partial credit may be given towards a future MBSR program. There are no cash refunds.

### **3. Is there a payment schedule if I can't pay in full?**

Yes. A payment plan is available. There is a \$100 non-refundable deposit collected at MBSR registration. Payments can be made in the following ways:

- Option #1: \$100 deposit @ registration, plus two monthly payments of \$212.50 cash, or check made out to: "Mindfulness for Living."
- Option #2: Individually arranged payment plan for the MBSR fee.
- Option #3: There may be a work scholarship available. This requires a letter detailing circumstances, which is reviewed on an individual basis, and a payment plan is arranged.

### **Structure, Experience and Conditioning Questions:**

#### **1. What if I have no experience, or have physical challenges, will I benefit?**

Yes! This is a program about learning to develop a certain quality of awareness. Everyone, regardless of age, ability or challenge can meditate and do modified, gentle movement. No experience is necessary. **\*If there are any medical concerns**, a medical release from your primary care provider is requested in order to support safe participation. **\*If pregnant**, a medical release from the OB/GYN MD is required of all participants.

#### **2. What happens during the sessions?**

The MBSR program consists of weekly 2 ½ hour group educational sessions, and an all day silent retreat. Different material is covered each week. The Mindfulness Retreat is an extended time of silent guided practice, community enrichment, and deep learning.

The MBSR program is a cumulative, group learning experience. This engaged learning combines: didactic material, readings, inquiry, discussion, and guided Mindfulness Practices. You will receive an MBSR program packet complete with meditations, practices, poetry, readings, and resources, along with guided recordings for home practice.

The choices of guided home practice recording format are: CD, or MP3/audio links to practices. You can use a CD player at home, or external drive for CD to computer upload, putting it on an iPod, iPad, Tablet, or iPhone. The audio links are available with a protected password, and can be downloaded. The link is available for a limited time. Recorded practices are not for use while driving.

#### **3. Can I use my iPad or computer during class or retreat?**

No. We maintain an 'unplugged' mode in MBSR. The invitation: during the brief 2 ½ hours of class, on breaks, and especially during retreat; please refrain from checking email, sending/receiving texts, or making calls. It disturbs other participants, as well as yourself.

If you are on call for someone ill, concerned about a family member, a babysitter, etc., this is different. By all means stay connected in whatever way brings ease. While challenging, it is important for the brain, and nervous system to unplug and recharge through practice. Undivided attention can be refreshing, create resiliency, and promote clarity. Give yourself the gift, and treasure of being able to be completely present.

#### **4. What if I'm going to be late?**

Yes, please come! Please do your best to anticipate traffic, getting something to eat before class, and getting settled. Life happens. Being early, or on time is respectful to yourself and others. Please come even if late- simply enter quietly in silence, and find a seat. We much prefer you come, and join with others in practice.