

2019 Fall Mindfulness-Based Stress Reduction Program

Developing “Present Moment Awareness” at Old St. Patrick’s

The Mindfulness-Based Stress Reduction (MBSR) program is a way of integrating the Spiritual Practice of Mindfulness into daily life: learning to walk a contemplative path with practical feet. We learn to pay attention on purpose in the present moment, without judgment, to life as it really is. Research has shown MBSR supports health enhancement, and develops emotional resilience. In MBSR you will learn: “Present Moment Awareness” which: quiets the mind and lessens reactivity, sharpens focus and increases concentration, and supports being ‘empowered’ in one’s life.



WHEN: 2019 Fall MBSR, Monday* evenings: 6:00-8:30 p.m.:

1. Monday, September 9
2. Monday, September 16
3. Monday, September 23
4. Monday, September 30
5. Monday, October 7
(*Closed Monday, October 14: Columbus day*)
6. Monday, October 21
7. *Saturday Retreat*, October 26: 9:00 a.m. – 4:00 p.m.*
8. Monday, October 28
9. Monday, November 4

INFORMATION/REGISTRATION: Open to all. Attendance **required** at one session: Wednesday, September 4: 6:00 - 8:30 p.m., or Thursday, September 5: 6:00 - 8:30 p.m. This includes: MBSR presentation, interviews, and fee collection. If unable to

attend, contact Holly Nelson-Johnson (hjohnson@icloud.com)

PROGRAM FEE: \$525. Fee reduced to \$495 when paid in full at Mindfulness registration. Participants receive weekly group instruction including: MBSR workbook with meditations, practices, skill guides, resources, and five guided Mindfulness home practice recordings. *Class size is limited.*

CONTINUING EDUCATION: This MBSR program meets the qualifications for continuing education credits for: nurses, psychologists, counselors, and social workers (pending approval).

LOCATION: Fr. Jack Wall Mission Center: 711 West Monroe, Second Floor, Room #25: B-C.

TEACHER: Holly Nelson-Johnson, MSN, APN, FNP-BC is a Family Nurse Practitioner, Senior MBSR, Interpersonal Mindfulness Teacher and Mentor. She has offered Mindfulness-Based programs at Old St. Patrick’s since 2006, and has been teaching in the Mindfulness field for more than twenty-five years.



CONTACT: Holly Nelson-Johnson: hjohnson@icloud.com or go to: www.mindfulnessforliving.org for MBSR program application to be completed **prior** to information/registration session; or contact Tammy Roeder: tammyr@oldstpats.org

“There is in all visible things, a hidden wholeness” Thomas Merton