

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 through 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 reality, than it does always want something different. By cultivating awareness, and a 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 contemplative practice- a practice that revolves around silence. By cultivating the awareness of 'being' rather than 'doing', we are getting in touch with what is most important to us. We experience life as it happens which supports the development of peace, and inner quiet.

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 information and orientation session is designed to inform you about the MBSR program. There are no drop-in options due to cumulative, in-depth, and confidential nature of MBSR. Learning and change begin Week #1, and 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 complete with: pre-program forms received, interview conducted, attendance at registration, and payment is received. Due to the high-level of interest, beginning this process early is suggested.

3. Does everyone have an interview?

Yes. Due to the intense, personal nature of the MBSR program, interviews take place *before* the MBSR program begins. 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?

While it is not preferred, life happens. As long as you are committed to doing daily home practice, this will be fine. If you have to miss more than 2 classes, you may want to consider registering for an MBSR program in the future. The group learning is cumulative. You are an integral part of the MBSR community; and, your presence is important.

Financial Questions:

1. What if I can only come to 6 out of 8 classes?

You will benefit 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. If you think you'll miss more than 2 classes, consider taking the program at another time when you're less busy. The MBSR program is not pro-rated.

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 the next 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 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
- Option #3: There are a limited number of work scholarships available. This requires a letter detailing circumstances, which is reviewed on an individual basis.

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 mindful movement. No experience is necessary. ***If there are any medical concerns**, a medical release from your primary care provider may be 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 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 a Mindfulness program packet complete with meditations, practices, poetry, readings, and resources, along with guided recordings for practice.

The choices of guided home practice recording format are: CD, MP3/audio links to practices. You can use a CD player, or external drive for CD to computer upload, putting it on an iPod, iPad, tablet or phone. The audio links are available with a password, and can be downloaded. The link is available for a limited time. The community learning environment is highly supportive, and the experience can be transformative.