

# 2020 Fall Mindfulness-Based Stress Reduction Program

## Gathering for Mindful Learning in a Virtual Classroom

The Mindfulness-Based Stress Reduction (MBSR) program integrates the Spiritual Practice of Mindfulness into daily life: learning to walk a contemplative path with practical feet. We learn to pay attention in the present moment without judgment, to life as it unfolds. Research shows MBSR supports health enhancement and develops emotional resilience. In MBSR you will learn, “Present Moment Awareness” which may quiet the mind, sharpen focus, increase concentration, and support a sense of empowerment. Finding peace in these challenging times is essential towards living a meaningful life.



**WHEN:** 2020 Fall MBSR, Thursday evenings: 6:00-8:30 p.m.:

1. Thursday, September 24
2. Thursday, October 1
3. Thursday, October 8
4. Thursday, October 15
5. Thursday, October 22
6. Thursday, October 29
- \*Saturday Retreat, October 31: 9:00 a.m. – 3:00 p.m.\*
7. Thursday, November 5
8. Thursday, November 12

**PRE-REGISTRATION:** Go to: [www.mindfulnessforliving.org](http://www.mindfulnessforliving.org) to complete an MBSR pre-program form online, and email Holly at: [hjohnson@icloud.com](mailto:hjohnson@icloud.com) to schedule an individual MBSR interview prior to registration.

**INFORMATION/REGISTRATION:** Open to all. Attendance *required* at one session: Wednesday, September 16: 6:00-8:30 p.m.; or Thursday, September 17: 6:00-8:30 p.m. Includes: MBSR presentation and practice. Your MBSR space is reserved once interview, forms, registration session, and payment are complete. Zoom link will be sent the day prior to the registration sessions.

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

**PRESENTATIONS:** All sessions via secure Zoom video platform, free download at: <https://zoom.us>

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



**CONTACT:** Holly Nelson-Johnson: [hjohnson@icloud.com](mailto:hjohnson@icloud.com) or go to: [www.mindfulnessforliving.org](http://www.mindfulnessforliving.org) for all MBSR forms; or contact Tammy Roeder: [tammyr@oldstpats.org](mailto:tammyr@oldstpats.org)

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