

Mindfulness-Based Stress Reduction Program Information

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, without judgement to things as they are rather than as we want them to be.
2. How does paying attention in this way help? It takes less energy to be in the present with reality, rather than always wanting something different. By cultivating awareness with kind acceptance of the reality of things, we can lessen our suffering. This doesn't mean we have to like what is happening; it simply means we experience what is happening moment by moment as best we can.
3. How is Mindfulness Meditation a Spiritual practice? The practice of mindfulness is a practice of contemplation- a practice that revolves around being awake, and is supported through silence. By cultivating awareness in every moment, we are getting in touch with the only time there is: the present moment.

Information, Registration, and Attendance Questions:

1. Can I drop in or just come to a couple of classes? No. The MBSR information and orientation session provides details about the MBSR program. There are no drop-in options due to the cumulative, in-depth learning, and confidential nature of MBSR. Education and change begin at orientation, and deepen every week.
2. How do I reserve a seat in the MBSR program? Your seat is reserved once the following have been completed: MBSR application is made; MBSR pre-program interview has taken place; MBSR registration is attended; MBSR release forms are received; and payment is received. Due to high-level of interest, beginning this process early is suggested. Class size is limited in order to maintain the highest quality programming.
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, and to make the program personally relevant.
4. What if something comes up and I have to miss a class? As long as you are committed to daily home practice, this will be fine. If you'll miss more than two classes, please register for a future MBSR program. Mindfulness learning is cumulative, and you are an integral part of the MBSR community. Your commitment to being on time, and in attendance, matters to all.

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 have access to materials specific for this MBSR program. There are benefits from whatever portion of the program you attend, especially with dedication to home practice.
2. What if extenuating circumstances arise during the program? Life happens, and not as planned. 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 non-refundable deposit collected at MBSR registration. Payments can be made in the following ways:

Option #1: \$100 non-refundable deposit @ registration, plus two monthly payments of \$197.50 at week #1, and at week #4.

Option #2: \$100 non-refundable deposit @ registration. A letter detailing circumstances is requested. This is reviewed and individual payment plan created with this in mind.

Option #3: \$25 non-refundable deposit @ registration. A letter detailing circumstances is requested. This is reviewed, and a work scholarship may be offered. These are limited.

Structure, Experience and Conditioning Questions:

1. What if I have no experience, or have physical challenges, will I benefit? Yes! Mindfulness is learning to develop a certain quality of awareness. Everyone, regardless of age, ability or challenge can practice, and do modified, gentle movement. No experience necessary. ***If there are 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.

2. What happens during the sessions? The MBSR program consists of weekly 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 workbook 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. **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 class, body care, and especially at retreat, is to refrain from checking email, 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. 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 of unplugged time.

4. What if I’m going to be late?

Yes, 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. It is amazing how even a short period of practice can be refreshing, and offer calm.