

Mindfulness Based Stress Reduction

An 8 week MBSR class to decrease stress and improve your health and wellbeing!



Benefits of the Program

- Cultivate inner calm.
- Keep things in perspective.
- Bring awareness to our habits.
- Create a sense of spaciousness in our lives.
- Notice negative thoughts and their effects on stress.
- Build up emotional and mental reserves for stressful times.
- Live in the present moment (not lost in anxiety about the past or future).

What's Included

- Gentle stretching and mindful movement.
- Daily home assignments (45 minutes).
- Readings, hand-outs and other materials to support your practice.
- Guided instruction on mindfulness meditation practices.

Location CenterPoint Counseling
(Second Presbyterian Church)
7700 North Meridian St.
Indianapolis, IN 46260

8 Week Classes

<u>Day</u>	<u>Time</u>	<u>Start Date</u>
Wednesdays	3:30-6:00 PM	Sept. 13th
Thursdays	8:30-11:00 AM	Sept. 14th
Fridays	1:30-4:00 PM	Sept. 15th

Attend 1 Highly Encouraged Orientation

Wed. Aug. 23, 2017 3:30-5:00 PM
Thurs. Aug. 24, 2017 8:30-10:00 AM
Fri. Aug. 25, 2017 1:30-3:00 PM
Wed. Aug. 30, 2017 3:30-5:00 PM

All Day Silent Retreat

Saturday, October 21, 2017

Cost

\$350.00

- \$100.00 deposit due at the time of registration.
- Balance due two weeks prior to class start date.
- Payment may be made with check, cash or credit card.
- A limited scholarship fund is available for highly motivated people unable to afford the full fee.

**For more information
or to register, call Scott
Sweet at 317-252-5518.**

SSweet@CenterPointCounseling.org



CenterPoint Counseling
AT SECOND PRESBYTERIAN CHURCH

CenterPointCounseling.org

Instructor P. Scott Sweet is a Licensed Clinical Social Worker and Licensed Clinical Addictions Counselor working at CenterPoint Counseling. He was trained at the Center for Mindfulness to teach MBSR and has led a Mindfulness Meditation group for seven years.