

Mindfulness Based Stress Management



Penn Medicine



**Monday evenings from 6:30-9:00pm
January 28th - March 18th.**

Includes a full day meditation retreat in
Philadelphia on March 10th.

At the Virtua Center for Learning
1200 Howard Boulevard, Suite 100.
Mt. Laurel, NJ 08054



The course teaches a variety of meditation techniques that will lead you to relaxation, clarity and stillness. It will help you to change the negative and confusing thought patterns and emotions that accompany stress. You will learn to recognize your unique reactions to stress, to find more effective ways to respond to stressful situations, and you will discover how to use your own inner resources to find greater health and well being. Twenty-seven hours of class time includes eight 2.5 hour weekly classes and one full day Saturday session. All class materials are provided, including a manual, a textbook, additional weekly readings, and access to a series of recordings with guided mindfulness and meditation practices.

Cost per participant - \$549

Register early, space is limited!

Registration deadline: Thursday, January 24, 2013

Register at www.pennmedicine.org/mindfulness or Call 215-615-2774