



INTERESTED IN LEARNING
MINDFULNESS MEDITATION
PRACTICES IN A STRUCTURED,
SUPPORTIVE ENVIRONMENT?

Get the tools you need to bring more balance
into your life and develop strategies to
manage stress and uncertainty:

MINDFULNESS-BASED STRESS REDUCTION
NEW 8-WEEK COURSE
WITH LAURENCE MAGRO, MS, L.M.H.C., B.C.C

DISCOVER...

- Practical skills for coping with stress and uncertainty
- Increased clarity and creative thinking
- Greater energy and well being
- Increased awareness of body/mind connections
- The healing power of meditative practices

The **MBSR** course is an experiential course that systematically teaches you mindfulness techniques that you can apply to your everyday life!
No experience necessary.

WHAT DOES THE COURSE OFFER?

- Guided instruction in mindfulness meditation practices
- Gentle stretching and mindful yoga
- Review of physiological and psychological components of the stress cycle
- Group dialogue and mindful communication exercises to enhance awareness in everyday life
- Individually tailored instruction
- Daily home assignments
- Home practice materials including guided meditation recordings and weekly handouts



MBSR

8-WEEK COURSE

WHO CAN BENEFIT?

Studies have shown that the stress reduction program has benefited people with a variety of conditions and concerns:

- Prevention and Wellness- for people wishing to learn tools to feel a greater sense of balance in life
- Stress- including work, school, family, financial, illness, aging, uncertainty about the future, feeling 'out of control'
- Medical conditions- including chronic illness or pain, cardiovascular conditions, cancer, GI distress, skin disorders
- Psychological distress- including anxiety, depression, fatigue and sleep disturbances

For more information, please email Laurence at MindfulLivingNY@gmail.com

You may visit our website at www.MindfulLivingNY.com

Laurence Magro is a psychotherapist in private practice in Larchmont, a Mindfulness educator and Certified Health and Wellness coach. She has received full teacher Certification from the *Center for Mindfulness of UMass Medical School* where this program was developed by Jon Kabat-Zinn, PhD.