



Mindfulness-Based Stress Reduction (MBSR)

With Dr. Theresa O'Halloran LIMHP



What is Mindfulness-Based Stress Reduction (MBSR)?

The purpose of MBSR is to learn, explore, experience, and practice mindfulness practices in a group setting and at home. These practices are designed to increase our present moment awareness and to use this awareness to approach the stress in our lives differently.

Who is this for?

MBSR is a time and research-tested method for:

- Bringing greater ease into one's life and learning to live more fully
- Assisting individuals with physical concerns such as chronic pain, cancer, cardiac and stress-related disorders, and emotional concerns
- Reducing anxiety and depression
- Assisting those dealing with life transitions

Get started with the next class:

You can call 402-934-1617 to sign up or go online at omahaic.com. Questions you can call or email Stevie Jelden at s.jelden@omahaic.com.

What can I expect when I come?

In MBSR class, we will learn

- Mindfulness meditation practices
- Mindfulness activities in everyday life
- Body centered mindfulness
- Yoga
- Walking meditation
- The MBSR Stress model

At home, you will practice daily 45-60 minutes with guidance from in-class practice, MBSR manual and audio recordings of the practices. Home practice is key to learning, deepening your growth, and learning to manage your stress differently.

When is it?

- Please see class schedule for next available dates.

What is the cost?

- \$350 for 8-week session & retreat day
- \$25 Intro to MBSR Class
 - \$25 goes toward course tuition
- Includes MBSR journal, meditation and yoga recordings