Given that faculty experience significant challenges in balancing their professional and personal lives, we are offering a Mindfulness-Based Stress Reduction (MBSR) course. This course will provide systematic training in mindfulness meditation as a way to reduce stress and develop greater balance and joy in relationships and life. A substantial body of research has found that cultivating mindfulness is associated with decreased anxiety, depression and increased ability to cope with stress and physical pain.

Course participation involves a commitment to attend a weekly 2-hour class for 8 weeks and a 6-hour retreat scheduled on April 26, 2014 with a commitment to engage in a daily meditation practice. Classes will include mindfulness exercises, guided meditations, gentle stretching and discussion. All workshops facilitated by Libby Robinson, PhD, MSW and Rita Benn, PhD.

The course fee is $200 (can be paid by short code or check) and includes a set of CDs containing guided meditations and handouts.

Two sessions offered:
3pm-5pm every Tuesday from Mar. 18th through May 6th, 2014 – UH-2C108
To register: [http://tinyurl.com/kyzo4oh](http://tinyurl.com/kyzo4oh)

OR

5pm-7pm every Thursday from Mar. 20th through May 8th, 2014 – UH-2C224
To register: [http://tinyurl.com/ketk9d3](http://tinyurl.com/ketk9d3)

Classes limited to 15 participants.