

# The Mindfulness Based Stress Reduction Program

Please call for information  
(212) 821-0775

425 East 61st Street  
Penthouse Floor  
New York, New York 10065

Hours 9AM – 5PM

# The Mindfulness Based Stress Reduction Program



## Susan Evans, Ph.D.

Director, Mindfulness Based  
Stress Reduction Program  
Professor of Psychology  
Department of Psychiatry  
Weill Cornell Medical College



**Weill Cornell  
Medicine**  
Psychiatry

# The Mindfulness Based Stress Reduction Program

## Move Toward Greater Balance, Control and Participation in Your Life

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The Mindfulness Based Stress Reduction Program is affiliated with the Weill Cornell Medical College, a renowned teaching and research facility. The stress reduction program was developed to teach participants how to reduce stress by systematically and intentionally cultivating mindfulness. Mindfulness is best defined as nonjudgmental, moment to moment awareness. Two decades of published research indicates that the majority of people who complete the program report:

- lasting decreases in physical and psychological symptoms
- an increased ability to relax
- reduction in pain levels and an enhanced ability to cope with chronic pain
- greater energy and enthusiasm for life
- improved self esteem
- an ability to cope more effectively with both short and long-term stressful situations.

## Reasons to Participate

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- Workplace, family and financial stress
- Anxiety and panic
- Depression
- Insomnia
- Chronic fatigue
- Back Pain
- Excessive smoking
- Overuse of alcohol
- Compulsive eating
- Headaches
- G.I. Distress

## Key Elements of the Program

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The program consists of 8 weekly classes, 2 hours in duration lead by expert clinical psychologists. This highly participatory practical course includes...

- Guided instruction in mindfulness meditation practices
- Gentle stretching and mindful yoga
- Group dialogue designed to enhance development of skills
- Cognitive and behavioral strategies to reduce stress
- Daily home assignments
- Two audio cassette tapes or C.D.s and a workbook

## Cost of the Program

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The tuition cost is \$800.00 and includes all materials.

## To Enroll

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To reserve your place for the next cycle of classes or to receive an informational and registration packet, Please call Dean Haglin, (212) 821-0775.



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