

MINDFULNESS BASED (MBSR) STRESS REDUCTION

Beginning September 25

8-SESSION MBSR CLASS | \$450*

THURSDAYS | SEPTEMBER 25 - NOVEMBER 13 | 6 - 8:30 PM

ORIENTATIONS: SEPTEMBER 11 OR 18 | 6 - 7:30 PM

Improve your
health and wellbeing!

BENEFITS OF THE PROGRAM

- Cultivate inner calm
- Keep events in perspective
- Bring awareness to our habits
- Create a sense of spaciousness in our lives
- Notice thoughts and their impact on body/stress
- Build up emotional and mental resilience for stressful times
- Live in the present moment
(not lost in anxiety about the past or future)

WHAT'S INCLUDED

- Guidance on body scan, walking meditation, mindful movement and sitting meditation
- Readings, hand-outs and other materials to support your practice
- Invitations for home practice on mindfulness (45 minutes/day)
- Group dialogue and mindful communication exercises to enhance awareness

MEET YOUR CO-FACILITATORS



P. SCOTT SWEET | 317.252.5518

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P. Scott Sweet is a LCSW, LCAC, and executive director at CenterPoint Counseling. He was trained at the Center for Mindfulness (UMass) and Mindfulness Center (Brown) and is a certified teacher of MBSR.



LESLIE FLOWERS | 317.381.1820

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Leslie Flowers is also MBSR trained at the above respective institutions and is a board-certified health and wellness coach (Duke University).

ALL DAY SILENT RETREAT

Sunday, November 2 | 9 AM - 4 PM



CenterPoint Counseling

SECOND PRESBYTERIAN CHURCH

*Balance due one week prior to start date, Payment may be made with check, cash, or credit card. Scholarships available.

Second Presbyterian Church | 7700 N Meridian St | Indianapolis, IN 46260 | Visit CenterPointCounseling.org for more information.