

The background is a solid teal color. It is decorated with several pieces of weathered, brown driftwood and gnarled, light-brown roots. One large piece of driftwood is in the top right corner, another is in the bottom left corner, and a smaller piece is in the bottom right corner. A root system is also visible in the top left corner.

Deep Roots MBSR



MINDFULNESS . ART

What is Mindfulness-Based Stress Reduction?

Jon Kabat-Zinn, the founder of Mindfulness-Based Stress Reduction (MBSR), said that mindfulness is "**paying attention on purpose, in the present moment, and nonjudgmentally, to the unfolding of experience moment to moment.** "

A life-affirming course in conscious living

- Approach your life with more composure, energy, understanding, enthusiasm, joy, and contentment.
- Develop the ability to cope more effectively with short-term and long-term stressful situations.
- Enhance your ability to manage and reduce anxiety and pain levels in many instances.
- Improve your focus and resilience. (See other science-based advantages on www.mindfulness.art)

Authorized MBSR Curriculum Course used with permission of the Center for Mindfulness of the University of Massachusetts Medical School.

This version of the MBSR Curriculum Guide is based on the cumulative experience since 1979, totaling more than one million hours of clinical care, more than 25,000 MBSR program completers, referred by more than 7,000 physicians, hundreds of other health care professionals, and through self-referral.

The course schedule consists of eight weekly classes and one half-day class on the weekend. This highly participatory, practical course includes:

- Guided instruction in mindfulness meditation practices
- Gentle stretching and basic mindful movement
- Time to discuss and reflect, enhancing awareness in everyday life
- Individually tailored instruction
- Group support and dialogue with the opportunity for questions and answers.
- Weekly home assignments
- Guided audio files for home practice and handouts

The instructor focus on creating a safe, supportive, and deeply engaging learning environment that allows participants to seek, explore, and inquire.

Content of the program

- ✓ Articulate the critical aspects of mindfulness as it relates to stress reduction, coping with pain and illness, and enhancing well-being
- ✓ Differentiate MBSR from relaxation and other distraction techniques that may seem similar but are fundamentally and theoretically quite different in contending with difficulty and enhancing the quality of life
- ✓ Practice and apply mindfulness techniques in both personal and professional settings as a means of contending more effectively with the demands of both settings
- ✓ Integrate mindfulness into social interaction with colleagues, family, strangers, and friends to facilitate more effective and mindful communication

What is Mindfulness-Based Stress Reduction?

MBSR Expectations

Mindfulness-Based Stress Reduction program is an eight-week course designed to teach people how to better take care of themselves and participate fully in improving their health and quality as they work with various types of "stressors" or suffering that are limiting the life that they would like to live. Before participating in the Mindfulness-Based Stress Reduction course, we ask you to fill in the *attached form*.

To make a personal commitment to MBSR meditation practice.

We encourage daily guided meditations at least six days per week for the next eight weeks. Your commitment is essential. It is the practice of mindfulness meditation that will enable you to realize its benefits. This commitment can be a challenging one and may require a lifestyle change. You may have to rearrange your schedule to allow time for daily practice, carving out time from other activities. Once you taste the benefits of MBSR, you may find that maintaining a daily practice becomes easier and highly rewarding.

To make a personal commitment to practice mindfulness in daily living (informal mindfulness practice).

We can bring mindfulness to eating, walking, jogging, driving, and interpersonal relationships anytime throughout the day. This conscious act of remembering and bringing attention to the present moment and simple activities throughout the day enhances your formal meditation practice. Both formal and informal practice is just that, practice at being fully present to each moment as life unfolds just as it is.

To approach your practice with an attitude of kindness, compassion, gentleness, openness, and curiosity toward yourself and others.

Your role is just to observe, developing a deeper awareness.

Religion and physical movement

- * We have the utmost respect for your religious convictions. Research showed that the program could enhance your own spiritual life.
- * Movement instructions are simple and easy to follow.
- * We sit on chairs or cushions if you prefer. There are no funny positions to adopt.

Who is the course of MBSR suitable for?

- 18 years & over
- Beginners
- People who have never meditated or practiced mindfulness before.
- People who have started meditating or practicing mindfulness.

What is Mindfulness-Based Stress Reduction?

About the facilitator

Immanuel van Tonder is passionate about life and empowering people to discover the inner resources they already have. He did his post-graduate studies in Mindfulness-Based Interventions at the University of Stellenbosch & IMISA. Accreditation for the .b (dot be) and paws b(paws be) mindfulness courses were acquired in London for teaching Mindfulness to primary and secondary school children and the Breathing Buddies course for 3-13-year-olds. After two years of training in Spiritual Accompaniment and experience in accompaniment, he taught Spiritual Accompaniment at the Centre for Spirituality, where he served as director for ten years. He has 30 years of experience teaching, speaking, and counseling as a reverend of Reformed Congregations after studies (BA & BD) at the University of Pretoria. He is the Associate Pastor at Christ Community Reformed Church, Clifton Park, New York.



About The Art of Life Mindfulness Center

The Art of Life Mindfulness Center is a community project of the Christ Community Reformed Church Clifton Park, New York, on 1010 Route 146, Clifton Park, 12065. www.ccrc-cpny.org

Dates

The MBSR course will be presented in person on eight consecutive Thursdays, 6 pm – 8 pm, from January 19, 2023, plus a half-day retreat on March 4 at CCRC, 1010 Route 146, Clifton Park, New York.

Enquires / Booking

Contact Immanuel van Tonder on 347 328 4037 or immanuelvt@gmail.com. For more information visit www.mindfulness.art, 1010 Route 146, Clifton Park, New York.

COST:

CCRC members are welcome to attend without charge (\$10 material charge only). Non-members are invited to donate to CCRC for the course according to their financial situation. (Guideline of \$100 proposed) Please don't let the cost stop you from joining this life-changing path.



Informed Consent Agreement

The risks, benefits, and possible side effects of the MBI program are evident. These include skills training in relaxation and meditation methods and gentle stretching (yoga) exercises.

I understand that if for any reason I am unable to or think it unwise to engage in these techniques and exercises either during the weekly MBI sessions or at home, I am under no obligation to engage in these techniques, nor will I hold the training facility or course instructors liable for an injury incurred from these exercises.

Furthermore, I understand that during the MBI program, I may experience unpleasant or difficult thoughts, feelings, emotions, or sensations, particularly if I have experienced symptoms of mental illness or substance dependence in the past. I understand that my mental health care provider, not the course facilitator, is the first responder if I experience a mental health emergency. I undertake to seek help from this person if I am experiencing any problems and notify the course facilitator soon as possible after that.

I understand that I am expected to attend each of the sessions and practice the home assignments to the best of my capacity for the duration of the training program.

Date_____

Time_____

Print Name_____

Signature_____



Pre-MBSR Health Screening Questionnaire

The MBSR program involves light physical movement and time for meditation and inquiry. Your physical or psychological well-being is our utmost concern. The facilitator needs to be aware of relevant physical or psychological conditions that may influence you during the course.

1) Medical History (Relevant to the MBSR program)

- a) Do you have a heart- or blood pressure problem, epilepsy, diabetes, or chronic pain?
- b) Do you have any physical limitations? Please specify?
- c) Any previous overnight hospitalizations relevant for MBSR program
Medical/Surgical _____
Psychological _____
- d) Do you take prescription medication? (relevant for MBSR program)
- e) Do you have any history of mental illness, past or present? (i.e. bipolar disorder, severe or untreated depression, any type of psychotic disorder, depression, anxiety, attempted self-harm?)
- f) Have you experienced any past or recent traumatic events? If so, do you still experience any current symptoms of PTSD (e.g., re-experiencing such as nightmares, intrusive memories, or flashbacks; avoidance of reminders of the trauma; arousal symptoms such as severe anxiety, irritability, or panic)?

*** In the event of a positive response to any of the above mental health questions:**

- i. *Please make sure that you are under the care of a mental/physical health care provider.*
- ii. *Please inform the mental health care provider of your intention to participate in the MBI and is in agreement with this. If necessary, the mental health provider can contact me.*
- iii. *Please see your mental health provider in the case of mental health issue or emergency.*

2) History of alcohol or other substance dependence

a) *Are you currently actively using substances?*

b) *How long have you been in recovery?*

3) Any concerns, remarks, or questions for the instructor?

