

# Mindfulness Based Stress Reduction

## LIVE WITH LESS STRESS AND MORE EASE IN 2019

Mindfulness Based Stress Reduction (MBSR) is a secular 8-Week class for learning skills and strategies to live more mindfully. Mindfulness is cultivating moment-to-moment non-judging awareness. It's about leaning into your life exactly as it is in this moment. Rather than resisting what's already here, it's about learning to wisely navigate the ups and downs while maintaining a calm and steady attitude toward all that arises in your life. Mindfulness training has been found to be helpful in coping with stress, pain, depression, and other life challenges.

### CLASS DETAILS:

- Class meets weekly for 2 hours for 8 consecutive weeks
- Includes guided meditations, discussions, individual weekly coaching, handouts, and a retreat
- Location: The Wellness Co-Op  
41 E Oakland Ave #1, Doylestown, PA 18901
- Beginning: Wed, March 6, 2019, 6:30-8:30pm
- Cost: \$400
- [denise.kozikowski@gmail.com](mailto:denise.kozikowski@gmail.com) or (267) 406-0586

[www.mindfulnessandcoaching.com](http://www.mindfulnessandcoaching.com)

### DENISE KOZIKOWSKI, PHD, CPCC

Denise is an experienced mindfulness teacher and coach. She received her mindfulness training under the direction of Jon Kabat-Zinn through the UMass Ctr for Mindfulness. She is a founding member of the Ann Arbor Center for Mindfulness, Mindful City Ann Arbor, and Mindfulness@Umich. She is a certified coach through The Coaches Institute and has recently relocated to Doylestown, PA. In her space time, she loves spending time in nature with her family and being creative.

