



MINDFULNESS-BASED STRESS REDUCTION

Beginning Sept 24, 2019

Doylestown, PA

taught by Denise Kozikowski, PhD, CPCC

Mindfulness-Based Stress Reduction (MBSR) is an invitation to lean into your life as it is right now. We know from a growing body of research that regular mindfulness practice helps to lower our stress levels, decreases rumination, boosts working memory and increases focus. Individuals who regularly practice mindfulness report feeling more satisfied with life, their relationships and are less emotionally reactive. Studies show that we are actually happier when we're living in the present moment.

- **Class meets** weekly for 2 hours for 8 consecutive weeks.
- **Includes** guided meditations, individual 1:1 weekly coaching, discussions, and handouts.
- **Location:** 41 E Oakland Ave, #1, Doylestown, PA 18901
- **Day & Time:** Tues, 6:30-8:30PM, beginning Sept 24, 2019
- **Cost:** \$400 (Reg on/before 9/14), \$500 (Reg after 9/14)
- **Silent Retreat:** Nov 16, 2019, James-Lorah Auditorium, 132 North Main Street



Denise is an experienced mindfulness teacher, trained educator, and certified 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. To learn more about this class and to register, please visit Denise's website or contact her directly:

www.mindfulnessandcoaching.com

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