



Mindfulness-Based Stress Reduction (MBSR)

What is Mindfulness-Based Stress Reduction?

Mindfulness Based Stress Reduction (MBSR) is an evidence-based, experiential eight-week mindfulness training program developed by Jon Kabat-Zinn at the University of Massachusetts Medical School in 1979.

MBSR was originally offered to hospital patients whose doctors had done all they could to treat their serious illnesses with traditional medical interventions. Jon Kabat-Zinn's program offered them a complementary yet different kind of intervention using formal mindfulness practices (a body scan, meditation, gentle yoga, walking) and inquiry to help them develop the skills to relate differently to the stresses in their lives.

In the 40 years since its inception, tens of thousands of people have participated and benefited from the program - not just patients dealing with the stress of illness but people from all walks of life dealing with the day-to-day stress of our modern lives, which at times can seem like too much to handle. MBSR is today the gold-standard, most scientifically researched and utilized mindfulness program in the world.

This course is offered LIVE online through video conferencing, utilizing the technology so that the sessions are rich in experience and offer connection within the group. During the weekly classes, you will engage with the teacher and interact with the other participants. Resources, home assignments, and meditation audio files are available online for access during the program and afterwards as well.

Classes consist of:

- a variety of formal mindfulness practices
- gentle stretching and mindful yoga
- group dialog with discussions offered to enhance awareness in everyday life
- practical education about stress physiology as a form of training to relate differently to the stresses in your life and to relate differently to each moment of your life
- ongoing practice assignments every day of the program, including resources, guided instruction, and recordings available online to support your practice in between the live classes
- the opportunity for one-on-one check-ins with an Integrative Health doctor and the instructor throughout the course

Course Schedule & Commitment

The live, online MBSR program consists of

- A free orientation & program overview (1-2 hours) – participation is required for enrollment
- Eight weekly classes, 2.5 hours each
- One Practice-Day class on a Saturday or Sunday
- Daily home practice assignments for 45-60 minutes each day



Attendance at the live classes is an integral part of the course, along with practicing on your own in between each class. You must be willing to make a strong commitment to the program by attending all the live classes and engaging in the home practice assignments. If you need to miss more than 2 live classes, we recommend you join a future MBSR program and in the meantime, participate in one of the Integrative Health Department's weekly classes or 4-week introductory programs. If you cannot attend the All-Day session during your course, you may make it up at a later time.

What types of skills do people develop in MBSR courses?

Some of them include:

- Practical coping skills to improve one's ability to handle stressful situations
- Methods for being physically and mentally relaxed and at ease
- Gentle full body conditioning exercises to strengthen the body and release muscular tension
- Becoming increasingly aware of the interplay of mind and body in health and illness
- Facing change and difficult times in life with greater ease

Why take an MBSR Course?

Everywhere you look there are classes, seminars and apps offering to teach mindfulness and meditation. With so much to choose from and so many options seemingly simpler, less expensive and time consuming, why choose to take Mindfulness-Based Stress Reduction?

That's a really good question! Here are a few reasons:

- Ongoing direct contact with an experienced, certified teacher
- 40 years of research establishing MBSR as the gold standard of Mindfulness-Based programs
- The opportunity to deepen your understanding of how to bring mindfulness into all aspects of daily life
- Last, but not least, becoming part of a community of practice... a place to bring questions, challenges, insights and learn and grow with others.

We accept most insurances. Your insurance may cover the 2.5-hour group sessions but you will be responsible for a specialist co-payment per session. You will also be responsible if you have a deductible or co-insurance.

To sign up for the next cohort:
email Mary Acosta at maa2337@med.cornell.edu

Visit the MBSR events page:
[click here](#) or scan the QR code:

