

Mindfulness-Based Stress Reduction (MBSR) 8-Week Online Course

Integrative Health and Wellbeing

Mindfulness is the practice of intentionally focusing our attention on the present moment while being kind to ourselves and our experiences.

Mindfulness-Based Stress Reduction is a highly regarded, evidence-based mindfulness program developed by Jon Kabat-Zinn at the University of Massachusetts Medical School. It aims to assist patients dealing with chronic pain and illness in managing stress and its related symptoms. Since its establishment in 1979, MBSR has been shown to effectively alleviate anxiety, fatigue, insomnia, pain, and both physiological and cognitive effects of stress.

The course teaches various mindfulness and meditation techniques and emphasizes how to integrate mindfulness into daily life to reduce stress and enhance overall well-being.



Course Dates:

Mandatory Orientation on Zoom - choose one:
September 17th **OR** October 1st 6-7:30 pm

8 Thursday evenings on Zoom from 6-8:30 pm

Dates: 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19 (skip 11/26), 12/3

All-Day Class: Saturday, November 7th from 9 am - 3:30 pm
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.

Cheri Fandozzi, Mind-Body Instructor, Qualified MBSR Teacher

Cheri Fandozzi is a Qualified Mindfulness-Based Stress Reduction (MBSR) teacher. She trained in MBSR at The Mindfulness Center at Brown University and has studied with world-renown meditation teachers and scholars for over a decade. She is a graduate of the YogaWorks 500-hour Professional Yoga Teacher Program and holds specialized certifications in Restorative Yoga and Children's Yoga. From her home bases in New York City and Avalon, NJ she teaches public and private mindful movement and meditation classes, and leads workshops and retreats both nationally and internationally.

To sign up: please scan the QR code to complete the enrollment form,
OR alternatively, email Mary Acosta at maa2337@med.cornell.edu.

