

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

Integrative Health and Wellbeing

Mindfulness is a way of paying attention on purpose, in the present moment, with kindness towards our experience.

Mindfulness-Based Stress Reduction is the gold-standard, evidence-based mindfulness curriculum developed by Jon Kabat-Zinn at the University of Massachusetts Medical School to help patients with chronic pain and illness work with stress and stress-related symptoms. Since its inception in 1979, MBSR has been shown to improve anxiety, fatigue, insomnia, pain, physiological and cognitive manifestations of stress, and more.

The course teaches several forms of mindfulness and meditation practices, emphasizing ways of integrating mindfulness into daily life in order to reduce stress and improve overall wellbeing.



Course Dates

Mandatory Orientation:

Tuesday, January 14th: 9:30-11 am OR
Wednesday, January 15th: 6-7:30 pm
(attendance at one orientation is required)

8 Wednesday evenings from 6-8:30pm:

1/22, 1/29, 2/5, 2/12, 2/19, 2/26, 3/5, 3/12

All-Day Class: Saturday, March 1st, 8:30 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: email Mary Acosta at maa2337@med.cornell.edu