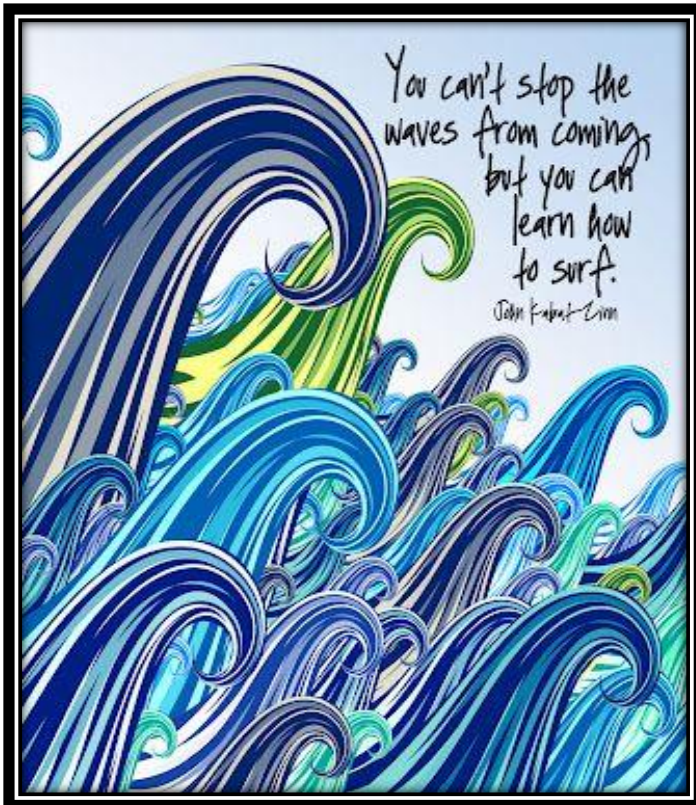




*Local, professional, grounded in research and science, facilitated with heart.*



## MINDFULNESS BASED STRESS REDUCTION (M.B.S.R.)

8 week research based course on developing an ongoing practice of mindfulness and live with less stress.

No prior experience required

M.B.S.R. has been teaching people mindfulness and helping them with stress and stress related conditions for over 30 years, all over the world.

It is the course that much of the research and evidence on the benefits of mindfulness came from.

### Documented benefits of MBSR courses include

- Reductions in depression and anxiety \* Improved self compassion and well-being \*
- Improved immune functioning \* Greater ability to cope with stress, pain and illness
- Improvements in physical health \* greater ability to be calm and relax \* better sleep
- \* Decrease in emotional reactivity \* increased attention and concentration

- ⊙ 27 hours of mindfulness teaching to support you own home practice.
- ⊙ a whole day of mindfulness/ retreat day
- ⊙ Recordings of mindfulness practices and course book for you to keep for your ongoing meditation practice and reading.



**Facilitator:** Kate Brandram-Adams RN(MH) Registered Mindfulness Teacher. Mindfulness is integral to Kate's life and she teaches from her own experience of it as well as being formally trained to teach it. Kate combines this with her background as a mental health clinician and years of experience facilitating groups; enabling her to teach with compassion and authenticity. [kate@mindfulnessnc.nz](mailto:kate@mindfulnessnc.nz)

**Website:** <https://mindfulnessnorthcanterbury.wordpress.com/>