

What you need to bring in order to participate.

This is a self directed program, in other words your commitment to attending each session and practicing during the interim is the key to your discovering the benefits of the practices. Through regular practice each participant can discover, recognize and mobilize inner resources that promote healing, balance and strength. No one can do this for you, only you can explore the territory of your mind and heart.

About the instructor

Luis F. Sierra, Ph.D., is a certified Integral Yoga instructor and has completed both the Professional Training and Teacher Development Intensive in Mindfulness-Based Stress Reduction (MBSR) of the Stress Reduction Clinic, University of Massachusetts. For ten years he had a private mindfulness, stress management and Hatha yoga practice in New York City working with people who have heart disease, cancer, arthritis and other conditions, or those interested in coping with daily stressors more skillfully. He also develops courses and programs for companies and agencies as well as individuals. Sierra's experience in medical settings in New York City include: the Dr. Dean Ornish Program for Reversing Heart Disease, and The Institute Neurology and Neurosurgery at Beth Israel Medical Center; Mt. Sinai Hospital; and The Complementary Care Center, New York Presbyterian Hospital.

Mindfulness-Based Stress Reduction Program

[MBSR]

Six-Week Program 2012

Cost:
\$200

Includes workbook, CD's and handouts for home practice.

Time:

Mondays, April 2, 9, 16, 23, 30 and
May 7, 2012

●6:00 to 8:00 PM●

Where:

ADK Yoga

22 US Oval, #122,
Plattsburgh, N.Y. 12903

To register:

PLEASE CALL 518-561-2869 ext.2
or E-mail: adkyoga@earthlink.net

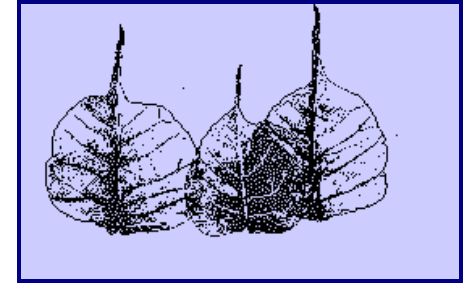


“What does it matter if we can travel to the moon if we cannot cross the abyss that separates us from ourselves? This is the most important of all journeys. Without it all of the rest are useless.”

Thomas Merton, Trappist Monk



ADK YOGA



LIVE LIFE FULLY BY LEARNING TO MANAGE YOUR STRESS Mindfulness-Based Stress Reduction Program

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www.adkyoga.com



Mindfulness-Based Stress Reduction

(MBSR) Six-week Program

Instructor: Luis F. Sierra, Ph.D.

This program is based on the principles and techniques developed by Jon Kabat-Zinn, Ph.D. (author of *Full Catastrophe Living: Wherever you go there you are; Coming to our Senses*) at the University of Massachusetts Medical Center, Center for Mindfulness in Medicine, Health Care and Society, in Worcester, Mass.

Since our health is strongly influenced by our state of mind and the choices we make, the goal of this program is to allow participants to:

- ◆ Learn to identify the sources of stress in their lives
- ◆ Understand its effects and develop their own daily program to relieve stress and maintain optimum health

While the stressful events around us may not go away, we can learn how to respond skillfully to life's challenges, as they appear, maintaining our equilibrium and dealing mindfully with our well being.

What is Mindfulness?

Mindfulness means paying attention to the present moment on purpose and without judgment. It means noticing things right now in the present, things we usually take for granted, like our breath, body sensations, perceptions, opinions, and emotions. Certain attitudes help mindfulness, such as noticing our judgments about ourselves and others; having patience, seeing things with new eyes and being more accepting.

What is MBSR?

MBSR presents accessible ways of working with awareness to cultivate a greater sense of well-being in our lives. Participants will be encouraged to explore the territory of their own lives and discover skillful ways to integrate the practices into their lives. It is an experiential program, learning by doing. The course includes instruction in body scan, Hatha yoga, breathing, walking meditation, eating meditation, mindfulness of interpersonal communication and in conducting other activities in daily life.



People have found MBSR helpful in coping with a range of conditions, including:

- Anxiety and panic
- Cancer
- Chronic pain
- Depressed mood
- Digestive disorders
- Heart Disease
- High blood pressure
- Job and family stress
- Any chronic illness

This program has been consistently documented as highly effective in teaching participants to become more responsible in the management of their own health. Participants report an increased ability to relax, more energy and a greater sense of equanimity in dealing with their health. There have been a number of research studies done on the effectiveness of this stress reduction program that have been published in well known medical journals. In these studies it's clearly evident that people who want to take an active role in their own health care can learn skills that will help them reduce pain and respond to daily stress in a more balanced way.

