



liveBrilliance: Stress Reduction

Session 1 (4 weeks)

Practicing stress reduction can help us enhance relationships and communication, improve health, and re-capture quality of life to live with brilliance.

The 4 week course is for those who are new to mindfulness-based stress reduction (MBSR) or want to refresh skills. Pre-requisite: live Brilliance: Stress Reduction (Introductory Class) or permission from instructor.

During the course, mindfulness-based techniques are discussed and can be utilized in real life situations and relationships. You will learn how to apply them to help:

- Manage stress
- Increase focus and attention
- Help communications and relationships
- Move forward in life
- Manage disappointments, setbacks, and difficulties

Classes are 2 ½ hours. An optional one day retreat is included.

Participants are requested to obtain the book: **Full Catastrophe Living**, by Jon Kabat Zinn, PhD. It is widely available in libraries, bookstores and Amazon.

Strong commitment to attend all sessions and practice home assignments requested.

WHY DO SPORTS ICONS, MEDICAL SCHOOLS AND BILLIONAIRES
EMBRACE MINDFULNESS?

Because they've learned it helps train the mind and body to react better to
challenging situations, focus more clearly, and improves health and wellness.

MANY AGREE....LIFE DEPENDS ON IT.

"Once you learn, it's yours to keep forever and use anytime. I love that." 2017 liveBrilliance participant

ALL OF OUR PRACTITIONERS TRAINED BY: PENN MEDICINE MBSR PROGRAM

Register www.liveBrilliance.org/registration

4 Weeks: Tuesdays, April 3, 1, 17 and 24, 2018

9:30-noon

OR

6:30 PM - 9 PM

King of Prussia, PA

EACH WEEKLY SESSION IS 2 ½ HOURS