

Mindfulness-Based Stress Reduction (MBSR)

Free Orientation

(required for enrollment in MBSR Class)

February 19 6:30- 8:30 pm

Classes

Tuesday evenings 6:30- 9:00 pm

February 26- April 23 (no class March 12 due to
Spring Break)

All-day Retreat Saturday April 6 9:00- 4:00 pm

Venue

G Street Studio/ Yoga for Mental Health

406 G St. #212

Cost

\$375.00 (sliding fee scale available)

Payable to Yoga for Mental Health

Questions

For questions, please contact Molly at (907)

244-3467



MBSR is a comprehensive and supportive eight-week program that introduces participants to mindfulness practice in the form of sitting meditation, body awareness and mindful movement. Developed by Jon Kabat-Zinn, PhD at the UMass Medical School's Center for Mindfulness, MBSR's potential for reducing stress, increasing resilience, and improving health and wellbeing is well documented through 30 years of clinical study and the experience of tens of thousands of students worldwide.

People who have participated in MBSR classes have found relief from a wide range of conditions, including chronic pain, migraine headaches, high blood pressure, anxiety, depression, insomnia and chronic disease. Participants learn to respond rather than react to the challenges of daily living, as well as how to integrate mindfulness into their lives.

The MBSR Class consists of a free Orientation Session, to ensure that the class is a good fit for participants, 8 weekly 2 1/2 hour sessions and an all-day retreat. Participants are also given daily homework assignments to enhance the classroom experience.

Molly McCarthy, MS, RYT 200
UMass Center for Mindfulness Qualified MBSR teacher

Molly is excited to bring Mindfulness Based Stress Reduction (MBSR) classes to the Anchorage community. She has been practicing yoga and meditation since 1995, and completed a yoga teacher training program in 2000. Molly has had a lifelong interest in holistic approaches to optimizing physical and mental health. She is a passionate advocate for mindfulness and its transformative effects in people's lives. Molly is also a certified health and wellness coach and holds a Masters degree in Counseling Psychology from Alaska Pacific University.

