

## MBSR 8-week Online Program

Experience the original 8-Week Mindfulness-Based Stress Reduction (MBSR) program developed at the Stress Reduction Clinic at UMass Medical Center by Jon Kabat-Zinn. No prior meditation experience is required - great for beginners and advanced meditators alike.

- Approach your life with more composure, energy, understanding and enthusiasm
- Develop the ability to cope more effectively with both short-term and long-term stressful situations, gaining insight into response rather than reaction
- Enhance your ability to manage and reduce pain levels
- Improve your focus, resilience, and capacity to recover more quickly from challenging events
- Learn how to access and cultivate a natural capacity to actively engage in caring for yourself and find greater balance, ease, and peace of mind

### What is the MBSR 8-Week Live Online Program?

Throughout the program you will be consciously and systematically working with the challenges and demands of your everyday life. Our trained and certified instructors will create a safe and supportive environment for this work and learning through:

- Live class sessions using simple online meeting technology that is rich in experience and connection
- Systematic instruction in formal and informal MBSR meditation practices, including guided instruction and recordings to practice with at home
- Gentle stretching and mindful yoga
- Group dialogue, with discussions offered to enhance awareness in everyday life
- The opportunity for one-on-one check-ins with instructors throughout the course

Class sizes are limited to facilitate group connection and conversation. A computer and high speed internet connection are required. Mobile devices such as phones and tablets are not recommended.

### What is the course structure and commitment?

The Live Online MBSR program consists of:

- Orientation (1 hour), scheduled for one or two weeks before class
- Eight weekly classes, 2 ½ hours each
- One 4 hour practice retreat on a Saturday or Sunday
- Daily home practice assignments
- You must be willing to make a strong commitment to attend all classes and to practice daily home assignments for eight weeks.

- In order to receive a completion letter for the course, you must attend the 4 hour retreat.
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**To get started:**

- Review the Technology Requirements to make sure you have (or can access) the required equipment for video conferencing on your computer, including webcam, microphone, and speakers
- Complete the [Application Form](#).

**Technology Requirements**

To ensure the best possible experience for all participants, the program relies on online video conferencing, which has minimum requirements to work properly. You will need a desktop or laptop computer with speakers, microphone, and webcam, and a high-speed internet connection. Laptops work best because they come with all the necessary equipment and can easily be moved from room to room in your home or office to find a quiet place.

**Course Outline****Orientation**

- [Intro & Program Overview](#)
- [Meet Instructor & Participants](#)
- [Q&A](#)

**WEEKS 1 & 2**

You will learn the theory and evidence of mind-body medicine and how to apply it in your life. You'll be experientially introduced to mindful eating, mindful breathing, and the body-scan method, with a special emphasis on what it means to be fully engaged in the present moment.

Perception is key in mindfulness—how you see things (or don't see them) will determine in a large part how you respond. This week's session and practices will ask you to examine your perceptions, assumptions, and the way you view the world.

- [Mindful Movement](#)
- [Mindful Eating](#)
- [Body Scan Meditation](#)
- [Perception Didactic](#)
- [Awareness of Breathing](#)
- [Pleasant Events Calendar](#)

## WEEKS 3 & 4

You will discover that there is both pleasure and power in being present—you'll directly attend to and investigate how your experiences create such reactions as pleasure or discomfort in the mind and body.

In week 4, your practice will focus on the development of your ability to concentrate and systematically expand your field of awareness. You'll learn about the physiological and psychological bases of stress reactivity, and experience mindful strategies for responding in positive, proactive ways to stressful situations.

- [Walking Meditation](#)
- [Lying Down Mindful Movement](#)
- [Unpleasant Events Calendar](#)
- [The Stress Response](#)
- [Standing Mindful Movement](#)
- [Group Exploration of Stress](#)

## WEEKS 5 & 6

This week you will begin to pay attention to the places where you might be stuck in repeating, unhealthy patterns that you can disarm through mindful awareness. You will also learn how to apply mindfulness at the critical moment when you experience a physical sensation, intense emotion, or condition, with special attention to exploring the effect of reactivity in health and illness.

You will focus on transformational coping strategies to broaden your inner resources and enhance your resilience through mindfulness practice. You'll also learn the fundamentals of interpersonal mindfulness—applying awareness and presence at times when communication becomes difficult or fraught with strong emotions.

- [Sitting and Standing Meditations](#)
- [Working with Difficulties](#)
- [Responding Instead of Reacting](#)
- [Choiceless Awareness Meditation](#)
- [Mindful Communications Discussion of All Day](#)

## 4-HOUR RETREAT

This guided retreat will take place between weeks six and seven. The intensive nature of this session is intended to assist you in firmly and effectively establishing the use of MBSR skills across multiple situations in your life, while simultaneously preparing you to utilize these methods far beyond the conclusion of the program.

## WEEKS 7 &amp; 8

You will learn to bring a broader sense of awareness and presence to every moment in your life, and to use non-judgmental mindfulness in your self-reflection and decision-making processes by bringing kindness and compassion.

In the final week of the program, you will build on compassion practices, review everything you've learned over the course. You'll learn about resources available to you to pursue mindfulness in new directions as your life and practice evolve, as well as the support systems that exist to help you continue to integrate, learn, and grow. The final lesson creates a satisfying closure by honoring both the end of this program and the beginning of the rest of your life.

- [Silent Meditations](#)
- [Loving Kindness Meditation](#)
- [Formal and Informal Practice](#)
- [Sustaining Your Practice](#)
- [Course End](#)

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