

# equilibrium

## Mindfulness Based Stress Reduction Free Online Introductory Night 8/31/2022

Equilibrium-mbsr, offers a Mindfulness Based Stress Reduction Program open to the public and offers a special discount for employees of the Washoe County School District. This highly regarded program was featured in the Bill Moyers PBS special on mind and body. Developed in 1979 at the University of Massachusetts Medical School the program is now taught internationally and is part of the wellness programs of major corporations and universities.

Mindfulness is the practice of cultivating non-judgmental awareness in the present moment. It is a practice of learning to pay attention to our thoughts, emotions, and physical sensations and acknowledging whatever is present.

The 8-week MBSR curriculum is designed to help counter habitual thought processes that can create anxiety and resistance to what is happening in the present moment. Participants will explore the creative process that emerges from mindfulness of immediate experience to develop useful strategies for coping with stress.

There will be a free introductory session on August 31st from 6pm-8pm online. The session will give potential participants an overview of the class, the topics to be covered and the ways in which mindfulness helps to reduce life stress.

**CEU's available for Psychologists (26 credits) LCSW's (20 credits) and MFT's (22 credits)**

**Fee: Regular Price - \$365 / WCSD Price - \$328.50 includes all materials and meditation recordings.**

**Class Dates: Wednesday nights from September 7<sup>th</sup> to October 26<sup>th</sup>**

**\*There is one all day retreat on October 15<sup>th</sup> from 9:30am to 3:30pm**

**Deadline for registration: Registration is limited. Deadline is September 4th  
For more information go to [www.equilibrium-mbsr.com](http://www.equilibrium-mbsr.com) or call 775-322-8181**

**Location: On-line via zoom – to register go to the following link:**

**<https://www.mindfulnessstandard.com/programs/AKI3EWiScuj7Oa09K4oJ>  
or email [colleen.camenisch@gmail.com](mailto:colleen.camenisch@gmail.com)**