

# INTRODUCTION TO MEDITATION / MINDFULNESS

## AT THE HADLEY HEALTH CENTER

**New Six Class Series: Thursdays, September 17 – October 22, 7-8:30 PM**

Another series of classes, open to all, will begin again this fall, still in the beautiful studio space across from our office at 234 Russell St in Hadley.

***The class will be primarily for beginners though others seeking to reinforce or renew their practice are most welcome.*** Each class will offer a variety of simple, easy to learn, techniques that will benefit anyone whether or not they are working with a specific health concern. People who have had experience meditating and would like to re-establish or even just re-enforce their practice are welcome and will find helpful tools in this class.

***As one meditation teacher has put it, "If you can breathe, you can meditate!"***

The terms **meditation, mindfulness, relaxation response** have been used almost interchangeably since meditation was first studied in the late 1960's. The term the "relaxation response" was coined at that time by Harvard cardiologist and writer, Herbert Benson, who conducted the first serious research into the benefits of meditation. Initially finding significant benefit for patients with high blood pressure, these programs expanded to include patients with diabetes, cancer, pain syndromes, anxiety disorders, stress related illnesses and recovery from drug or alcohol dependency.

Mindfulness practice expands upon the simple device of "easeful sitting" to incorporate ways of perceiving our environment and stresses with greater awareness and ease throughout the course of the day rather than exclusively focusing on a set time for "sitting".

In addition to my acupuncture and Chinese medicine practice I have been meditating for over 40 years, have taught privately, and as part of a team at Boston's Deaconess Hospital (initiated by the Benson programs). More biographical information is available on my website, MichaelHussin.com. This will be the second class series of this type I have led this year.

***If you are interested and/or have questions, please call or write me via the contact information listed below. If you are at my office you may also leave your name and contact information at the front desk.***

***The cost for the six-week program is \$150.00 (negotiable if there is need.)***

Thank you,  
Michael Hussin, L.Ac.

**Contact: 413-584-9888 or [info@michaelhussin.com](mailto:info@michaelhussin.com)**

**[www.MichaelHussin.com](http://www.MichaelHussin.com)**