

It's normal to experience stress in your daily life.

How you choose to respond to that stress determines its impact on your overall health and well-being.

You are invited to attend an eight-week Mindfulness-based Stress Reduction (MBSR) curriculum designed to guide participants through direct practice in meditation, mindful movement, instruction, and conversation.

Learn how to defuse stress by exploring the mind-body relationship. Discover and utilize your inner resources.

**Craftsbury Outdoor Center
Craftsbury Common, VT
Tuesdays, 6-8:30 pm**

March 26 (Orientation)
Classes start April 9 and continue through May 28.
There will be an all-day retreat on Saturday, May 18

The course is open to everyone; no experience is necessary. Class size is limited.

Classes will be led by Ben Tipton, PA-C.

Ben has been serving patients in clinical medicine for over 22 years. He studied medicine at Albany Medical College and the University of Nebraska. Since graduating he has practiced in general surgery, emergency medicine, orthopedics, family practice, and internal medicine. He is the founder/creator of the Mindfulness Program at Mid Coast Health Care in Brunswick, Maine. Currently he is in practice with Northern Counties Health Care at the Island Pond Health and Dental Clinic.

In 2008 Ben began exploring the role of mind/body medicine and the neurobiology of change in helping patients with lifestyle choices. He is a qualified teacher of MBSR through the UCSD Mindfulness-based Professional Training Institute and has been teaching MBSR since 2016.

Ben's experiences have taught him that attention, self-inquiry, compassion, and connection are the foundation of sustainable change and making healthy lifestyle choices (also helps staying upright on the mountain bike).

**For more information or to register, contact Ben
at 802-467-8787 or email bensimpleliving@gmail.com**

MINDFULNESS

is an awareness that arises by intentionally paying attention to the present moment.

Mindfulness-based Stress Reduction (MBSR) is an educational program developed by Jon Kabat-Zinn, Ph.D., in the late 1970s and early 1980s. Its eight-week curriculum is designed to help participants cultivate mindfulness through direct practice in meditation, mindful movement, instruction, and conversation. Since its initial development, MBSR has been studied for a range of medical and psychological conditions such as chronic pain, anxiety, diabetes, depression, cancer, heart disease, and stress.* It is now offered in medical, occupational, military and educational settings around the world.

MBSR is an eight-week course taught in 2.5-hour, weekly group classes and one six-hour weekend retreat. Participants are also encouraged to complete approximately 45 minutes of home practice per day.

How big are the classes?

There are typically 10-15 participants in each MBSR class.

Do I need to have any experience with meditating to sign up?

No. Participants do not need to know anything about mindfulness when they begin the course. Please note that the course is also open to individuals with prior experience.

What should I wear?

If possible, dress in loose layers. You do not need to wear yoga or exercise clothes. The mindful movement is very gentle and can be done in regular clothing. If you come directly from work, school, or another setting, it is fine to wear any type of clothing. Please avoid wearing perfume, cologne, or other strong fragrances.

Are there breaks in the classes?

There are no formal class breaks. However, all participants are encouraged to stand up, walk around, use the bathroom, or take a break whenever needed.

Do I need to read anything to prepare?

No. Reading about mindfulness can cause learners to intellectualize the practice and prevent them from fully immersing in the experience. At the end of the course, you may request a list of recommended reading materials and other resources.

What is the cost?

The suggested cost for this class is \$250. Please consider paying as much as you are willing but not more than able. If paying more than this cost is within your means, your generosity will allow us to offer needed scholarships for this course.

*Although MBSR can help with a variety of medical conditions, this educational program is designed to support and complement ongoing medical treatment from your health care team.