

Mindfulness-Based Stress Reduction (MBSR) Montreal

Autumn Starting October 20 2016

To register please call at 514.783.1173 or e-mail maryse.gautier@mail.mcgill.ca

Montreal: Orientation Thursday October 20 2016 18:00 till 20:00

(Orientation is mandatory in order to take the classes)**

Institute of Community and Family Psychiatry (ICFP), 4333 Cote Ste-Catherine, Montreal Qc, H3T 1E4.

Classes: (Thursdays, 8 week program with one day retreat + one orientation meeting)

8 Classes: **Thursday evenings starting October 27 till December 15, 2016.** The first and last classes

lasts 3 hrs (6:00 – 9:00 p.m.) and the other 6 classes are 2 ½ hrs (6:00 – 8:30 p.m.).

Retreat day: Sunday, 9:00 pm to 4:00 pm (7 hours)

Requirements: Anybody interested in MBSR should attend the orientation class.

Commitment to come to the orientation, to classes and to the retreat day.

Commitment to practice 30-45 minutes/day, 6 days/week, different mindful techniques learned in class (audios will be provided).

Mindfulness-Based Stress Reduction is a method of using meditation to cultivate awareness. It is compatible with all belief systems. It is a way of calming mind and body to become more open to the direct experience of life through the simple act of paying attention moment to moment with kindness and with intention.

This program is modeled after the University of Massachusetts Medical School Mindfulness-Based Stress Reduction Program. It has been developed by Jon Kabat-Zinn, PhD, and has been taught for over 25 years in North America and in many different countries. Mindfulness has been supported by evidence-based research.

Why do this?

Mindfulness helps us discover and observe our inner reactions to life's stressors, and to choose how to respond to them instead of being in a reactive mode. What is often commented on from participants is a feeling of calmness, better concentration and focus, a feeling of well-being, less reactivity to events, less anxiety, better sleep, decrease negative thinking and increase compassion for oneself and for others. Sometimes participants will remark on improvement of their physical health. Application of mindfulness in our daily life and in our work settings is of primordial focus in this course.

Who can benefit from this?

Everybody. We all deal with stresses from within or from outside. We are pressed by time and obligations. And we are also pressed by *shoulds*, *needs* and *expectations*. How can we better be present to *live* our lives and maybe decide to look at things differently and make changes if we desire, or decide to simply *live* our life as it is. It becomes a new way of *being*.

What we do in MBSR

Participants will learn mindful breathing, communication, eating, walking and mindful movements (accessible for everyone). Awareness of thoughts, emotions, physical sensations and breath will be practiced. Participants will also practice self- inquiry and group discussion will be encouraged.

Workshop leader

This group will be conducted **in English** by **Maryse Gautier**, M.Ed., occupational therapist and psychologist. She has participated in professional training programs under the direction of Dr. Jon Kabat-Zinn and Dr. Saki Santorelli and has recently terminated her practicum and Teacher Development Intensive (TDI) in MBSR. Maryse has been practicing meditation for the past 9 years.

Fees: **Sliding scale available for those who need it.** Receipts are available for private insurances or income tax purposes. The regular fee is \$ 525.00 for the MBSR classes (28 hrs of class time) including the retreat day, guided meditation audios and a workbook.

P.S. No, you do not have to sit on a cushion!

Contact Information

Contact:

Ms. Maryse Gautier

Email:

maryse.gautier@mail.mcgill.ca

Office Phone:

514.783.1173