



Mindfulness

Fall 2011



For Stress Reduction

A 6 Week Adaptation of the Mindfulness Based Stress Reduction Program

Free Introductory Lecture:

Thursday October 13th, 6:30-8:00 PM

**The Annenberg Center
at Eisenhower Medical Center,
Rancho Mirage, CA**

**Then sign up for the 5 week program
Thursdays, October 20th- November 17th
6:30-8:30 PM**

**All Day Retreat
Saturday, November 12th**

**Call 951-750-9020
to enroll or visit
www.mindful-way.com/products**

Join us for a life changing journey to restore a sense of balance, hope and well-being to your life. This class will be an Adaptation of Dr. Jon Kabat-Zinn's highly acclaimed, and widely researched Mindfulness-Based Stress Reduction (MBSR) program, (Featured in Oprah's "Soul Series" and on the Bill Moyer's PBS Special "Healing and the Mind"), the Stress Reduction Program helps us explore the Mind-Body connection and take control of our health! Learn a combination of time tested methods including; Meditation, Mindfulness and Yoga. Discovering new approaches to working with stress, pain, chronic illness, and the challenges of everyday living, you can follow in the footsteps of the thousands of men and women of every age and background who have already benefited from this course.

*Series cost: \$200.00 includes classes, Audio CD, materials, and an All-Day Retreat
\$50.00 discount available for Alumni of Mindful-Way programs*

**Includes gentle Yoga style stretching, Meditation, Deep Relaxation,
Educational Discussions, and Weekly Home Assignments**



Also helpful for:
Work Stress Arthritis
Fibromyalgia Anxiety/Panic
Depression Insomnia
eating Disorders GI Problems
Headaches High Blood Pressure
and Heart Disease



The Instructor: Hugh O'Neill has been co-facilitating the Mindfulness-Based Stress Reduction program (MBSR) at Eisenhower Hospital for 5 years, based on the work of Dr. Jon Kabat-Zinn and the faculty at the University of Massachusetts Medical Center, with whom he trained. He teaches Mindfulness and Stress Reduction at Medical Centers, Colleges and Business Settings and in one on one sessions. He has an extensive background in Meditation, and Yoga and also brings his wealth of experience in business and the media industry in Europe and the US.

**For more information contact Hugh O'Neill
at: (951) 750-9020 or email hugh@mindful-way.com
Visit us on the Web/Pay online at: www.mindful-way.com**