

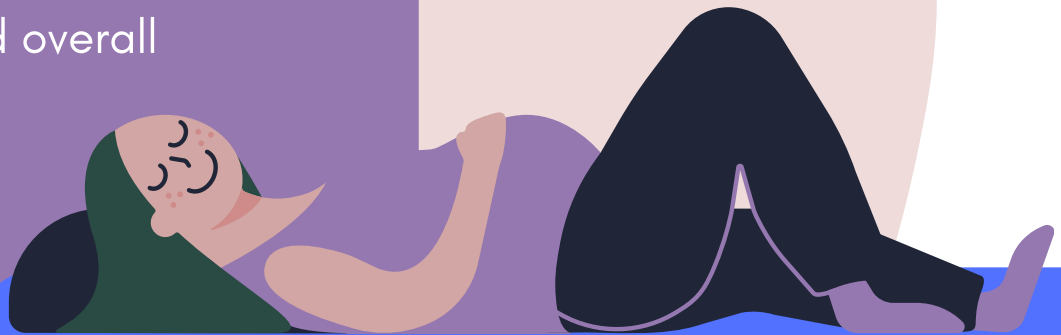
# Mindfulness-Based Stress Reduction (MBSR) Program

Regain calm and balance in a world  
that never stops



## WHAT IS IT?

An 8-week foundational mindfulness program that supports adult learners in developing lifelong skills of mindful awareness to change their relationship with stress, build emotional resilience, and improve their mental health and overall wellbeing.



## BACKGROUND

Since its development by Jon Kabat-Zinn in 1979 and inception at the University of Massachusetts' Stress Reduction Clinic, the widely recognized and researched Mindfulness-Based Stress Reduction (MBSR) program has helped many people cope with their stress and anxiety levels through the teaching and practice of mindfulness skills to regain emotional balance and well-being.

## IS THIS ME?

"I feel stressed and overwhelmed most of the time."

"Just thinking about going to work makes me feel exhausted and burnt out."

"Even when I get home at the end of the day, I don't feel like I can have a break."

"My life feels like a never-ending clockwork of busyness."

"I find it hard to focus and I am distracted all the time."

"I don't like the way that I am so anxious and reactive."

"I wish I had more control over my thoughts and emotions"



## HOW WILL I **BENEFIT** FROM MBSR?

- Develop lifelong skills of attentional flexibility and self-observation
- Gain greater clarity of your states of mind and body
- Change your relationship with stress and be less reactive in stressful situations
- Cope more effectively with unpleasant thoughts and feelings
- Live a more balanced lifestyle and experience more calm and peace
- Enhance your relationships through the cultivation of social awareness, patience, and compassion



## WHAT & HOW WILL I LEARN?

- Eight Weekly 2.5-Hour Sessions + One All Day Retreat
- Taught in a Small Group Setting by an Approved Facilitator
- Experiential Practices Guided in Various Postures in Stillness and Movement
- Some Theoretical Teachings as Learning Support
- Guided Audio Recordings for Home Practice
- Weekly Handouts and Resources
- Group Discussions and Inquiry into Experience
- Continued Support from Teacher and Community
- Learn in a conducive space (for in-person programs) or in the comfort of your own home (for online or private programs)



# WHAT PARTICIPANTS HAVE SAID ABOUT THEIR MBSR EXPERIENCE

*"I was very skeptical initially, but this course has definitely surprised me with the positive benefits I have received. I have definitely been more able to manage my anxiety, emotions, and responses in differing situations, which therefore helped me achieve happier times."*

*"Mindfulness is the best gift we can give to ourselves. I feel more focused and alert. I am able to manage stressful situations better since staying in the moment helps you not to think about the next steps and relieve from stress. Invest in yourself. Learn mindfulness!"*

*"You come away from the class a new, happier being each week; you realize you have a support and that it's natural and right to do this; you make changes without even realizing, and when you realize, it's magical."*

*"It is a beneficial lifelong learning which helps you to cope with what you are going through in your mind, thoughts and actions. It helps you to cope better with stress, anxiety, negativity, and empowers you with a sense of hope that things will get better as mindfulness is a skill that anyone can practice and use."*



## WHO'S THE TEACHER?

The program will be taught by Erin Lee, Founder and Mindfulness Coach of Mindful Moments, Light On Life.



She is a Certified MBSR Teacher as acknowledged by the Mindfulness-Based Professional Training Institute (MBPTI) of the University of California San Diego (UCSD) Center for Mindfulness to conduct and deliver the classic Mindfulness-Based Stress Reduction (MBSR) Program.

Erin is trained to teach the .b mindfulness program to teenagers and young adults as recognized by the Mindfulness in Schools Project.

Erin also holds a Master of Science in Studies in Mindfulness with the University of Aberdeen, UK. Erin conducts mindfulness training for corporate clients and organizations, and is also an experienced polytechnic lecturer.

*"Erin is a very articulate and well-informed practitioner who truly understands and empathises with the learning journey of a newbie. She has the rare ability to explain complex theories in an easy, bite-sized and concise manner. Her patience and calming mannerism epitomises what mindfulness is and can bring about to a practitioner's lifestyle and wellbeing. Overall, Erin is a very good coach and well- recommended."*

*- S. Ang*

## EXPLORE A PRIVATE PROGRAM

- Self-form a private group of 4-8
- Learn in the comfort of your own home or space
- Choose a day and time that works better for your group
- Receive closer attention and care from the teacher



## REACH OUT TO US:

Website: [www.mindfulmoments.sg](http://www.mindfulmoments.sg)

Email: [erin@mindfulmoments.sg](mailto:erin@mindfulmoments.sg)