Mediumness Based Stress Reduction (MBSR)

WHEN:
Orientation Tuesday, January 21st 6-7:30pm
8-week Course Tuesdays, January 28th-March 17th 6-8:30pm
Silent Retreat Day Saturday, March 7th 9am-4:30pm

COURSE INFORMATION: MBSR is designed to cultivate our ability to tap into internal wisdom, wholeness, and healing. Participants will practice mindfulness in a variety of forms, bringing non-judgmental attention to thoughts, feelings, and emotions. The class involves experiential learning and open dialogue around individual experiences. MBSR was originally developed by Dr. Jon Kabat-Zinn at UMASS Medical School as a program supporting overall mind-body health and wellbeing. The class involves an in person orientation, 8 weeks of class for 2.5 hours each, a day-long silent retreat, and weekly home practice activities.

INSTRUCTOR: Kara Traikoff has been a part of the DU community for 10 years. She teaches undergraduate Wellness courses and leads weekly guided meditations for the Employee Wellness Program. Kara is a mindfulness instructor and coach trained through the Center for Mindfulness at UMASS Medical School. She teaches from the heart of her dedicated personal practice and is passionate about encouraging others to experience and live the fullest life possible.

WHERE: ECS 510

COST: We are offering a sliding scale payment option for this course ranging from $350-$500. We ask that you please consider paying the most that you are able so that we can continue to grow our mindfulness program and provide lower cost options to those who need it. If you are in need of the lower cost option, please feel free to take it. We are accepting checks written to the University of Denver as payment for this event.

REGISTER by email confirmation to kara.traikoff@du.edu. Registration deadline is Friday, January 10th. Please note that the class is limited to 20 participants. Early registration is encouraged to secure your spot.