

**Mindfulness Meditation For Stress Reduction
Beginners & Beyond
Online 4-Week Series & Video Recorded
Thursday, May 7th – Thursday, May 28th | 4-5 PM**



Are you interested in learning how Mindfulness can benefit you? Is managing stress causing illness, sleeplessness, and reduced alertness? Do you desire a natural way to feel less anxious in your daily life?

“Mindfulness is often spoken of as the heart of Buddhist meditation. It’s not about Buddhism, but about paying attention. That’s what all meditation is, no matter what tradition or particular technique is used.”

What is Mindfulness Meditation?

Mindfulness-based Stress Reduction (MBSR) is an evidence-based program, developed by Dr. Jon Kabat-Zinn at the University of Massachusetts Medical Center in 1979 and offered at UW Health Madison since 1993. Mindfulness is a way of learning to relate directly to whatever is happening in your life including the challenges of stress, pain, illness, change, and everyday demands.

This 4-Week Series includes elements to Mindfulness Based Stress Reduction & Guided instruction in mindfulness meditation practices. Gentle stretching and mindful yoga. Inquiry and application into experiences of daily living through group discussion

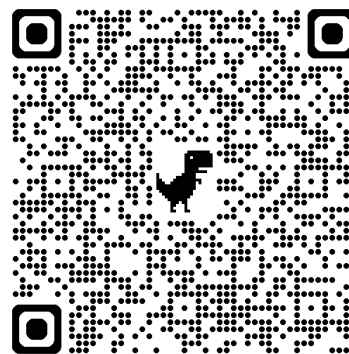
What are some potential benefits to Mindfulness Meditation? Deepened appreciation for life and an increased ability to cope effectively with stressors and concerns. Decreased physical and psychological symptoms. Improved energy and enthusiasm for life. Increased self-compassion.

This practice is meant for everyone – all levels are welcome to join! Beginners and beyond are welcome in this class community!



Lisa Stein, RYT-200, Coach of Presence-Based Coaching & Mindful-Based Stress Reduction Teacher

Easy Ways to Register: Put phone camera up to the QR Code below. A link will appear on your phone screen. Tap on the link & you’ll be directed to the registration page.



FEE: \$40 with Discount Code: MIND5 expires May 4th **\$45** after May 4th.

Are you a frontline worker in Wisconsin? Frontline Worker Scholarships are available to help cover your attendance. Please email mary@5koshasyoga.com to apply!

Can’t make the scheduled class time? Register to receive access to the weekly video content until Thursday, June 4th!

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com