

MBSR: What to Expect

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SCHEDULE OF CLASSES

All sessions will take place at the Simmons Cancer Institute, third floor.

If you know in advance that you will miss a session, please let your instructor know. If you have to miss a session unexpectedly, please contact your instructor to learn the home practice assigned for the following week.

January 22, 2018 6:00-8:30 pm	Session 1: Introduction to Mindfulness.
January 29, 2018 6:00-8:00 pm	Session 2: Perception and Mindfulness.
February 5, 2018 6:00-8:00 pm	Session 3: Connecting to pleasant moments.
February 12, 2018 6:00-8:00pm	Session 4: Coping with stress.
February 19, 2018 6:00-8:00 pm	Session 5: Stress Reactivity.
February 26, 2017 6:00-8:00 pm	Session 6: Mindful Communication
March 3, 2018 9:00 am-1:00 pm	Mindfulness Retreat: A half-day silent retreat allowing experience of a longer-form and deeper meditation practice. This session is an opportunity to put into practice all the skills you have learned so far in a supportive community environment.
March 5, 2018 6:00-8:00 pm	Session 7: Mindfulness and Balance.
March 12, 2018 6:00-8:00 pm	Session 8: Acknowledging progress, identifying next steps.