

Dear Friends,

I will organize an 8 weeks MBSR protocol on-line, I wish to share with you what MBSR is about and how we are going to organise this on-line live course.

WHAT IS MBSR?

The MBSR (Mindfulness based Stress Reduction) has been created by the Doctor Jon Kabat Zinn and his team in the beginning of the 80's.

In 1979, Jon Kabat-Zinn recruited chronically ill patients not responding well to traditional treatments to participate in his newly formed eight-week stress-reduction program. Now, more than 35 years later, Mindfulness-Based Stress Reduction (MBSR) and its offshoots have entered the mainstream of health care, scientific study, and public policy. in the beginning of the 80's.

He gave this definition of mindfulness in MBSR: Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally”.

The principles of mindfulness are originated from the Satipatthana Sutta (*The Discourse on the Establishing of Mindfulness*). There are 4 types of mindfulness: mindfulness of body, of feelings, of mental states and of mental qualities.

The MBSR protocol proposes a direct access to these 4 types of mindfulness through different exercises and meditations: Body scan, movement in mindfulness (based on hatha-yoga exercises), walking meditation, meditation on the breath, body sensations, senses and mental events. Then meditation on what we usually called “open consciousness or choiceless-awareness”.

These meditations are directly placing into the context of daily life through the approaches of mindful communication, mindfulness of pleasant, unpleasant and stressful experiences.

The approach on stress is not to solve the stress as a problem or to eliminate stress, but to find out through mindfulness: how do we react to stress and could we create a space of freedom and integrity, so we can choose to react in a way which is mindful, caring for oneself and other, and healthy.

MBSR is not a therapy, it will not cure or replace medical treatment. It could help to lasting decreases in physical and psychological symptoms, reductions in pain levels and an enhanced ability to cope with pain that may not go away, an ability to cope more effectively with both short- and long-term stressful situations and improved self-esteem.

(presentation of MBSR program by the Center For Mindfulness UMASS)

“Restoring within yourself a balanced sense of health and well-being requires increased awareness of all aspects of self, including body and mind, heart and soul. Mindfulness-Based Stress Reduction is intended to ignite this inner capacity and infuse your life with awareness.”

MBSR has benefited people with the following:

STRESS

—from work, school, family, finances, illness, aging, grief, uncertainty about the future, and feeling “out of control”

MEDICAL CONDITIONS

—including chronic illness or pain, high blood pressure, fibromyalgia, cancer, heart disease, asthma, GI distress, skin disorders, headaches, and many other conditions.

PSYCHOLOGICAL DISTRESS

—including anxiety, panic, depression, fatigue, and sleep disturbances.

PREVENTION AND WELLNESS

—including health enhancement and wellness focused on prevention and learning the “how” of taking good care of yourself and feeling a greater sense of resilience and balance.

Mindfulness-Based Stress Reduction is highly respected within the medical community. It is not offered as an alternative to traditional medical and psychological treatments but as a complement to these approaches.

THE 8 WEEKS PROGRAM:

The MBSR programs take place over 8 weeks with a 2h30 weekly group session plus one day of practice.

This is the usual program that allows a progressive assimilation of mindfulness in one's daily life.

Exercises such as body scan, mindfulness walking, conscious yoga, mindfulness on breathing, sensations, thoughts

Between each group session, you are asked to practice in a formal way a minimum of 45 minutes a day. Mindfulness exercises are on audios, video and written material in digital form that you will receive throughout the protocol.

Apart from the daily personal sessions, you will have part time to hold a small logbook (very often only a few words a day) that will serve as a basis for go further in our exploration during weekly appointments.

Summary:

- 8 weeks
- One group session of 2h30 by week
- Daily practice (40 to 45 min)
- One day of practice: you will be provided with material to do a 6 hours silence retreat at home or in group with other participants living close to you (we will prepare together this day of practice during the program).

Audio, video and written material (Pdf) will be received throughout the program.

The group session will be done on-line live using Zoom.

PREPARATION:

Before the start of the 8 weeks, every participant will have an interview with the instructor to speak about the program, answer any questions you might have and prepare together for the 8 weeks.

COMMITMENT:

Following the program requires some commitment towards oneself and one's journey into the exploration of mindful living. The instructor is always there to help the participants to explore together whatever difficulties one would meet during the program. It is then important to contact the instructor in case:

- one cannot join a weekly meeting (only one meeting can be missed unless there are very specific reasons which should be spoken with the instructor before)
- one wish to stop the program
- one meets difficulties linked with the program and needs to exchange and explore some new approaches.

PRICE:

The program is not for free.

There a lot of work going into it and the fee can be seen as an exchange of energy, a personal commitment towards the practice and the relation to the program.

In France, Germany etc. the cost is between 400 to 500€

We are not going to rent a room for our weekly meeting, I don't have to print all the written material that you will receive in digital format. Considering that the general income is different for every country, I came with this proposition based on the income

up to 800 €	800 to 1200 €	more than 1200 €
250 €	350 €	400 €

It is possible to pay over several times.

LINKS:

If you wish to explore the MBSR program and get more information:

<https://www.institute-for-mindfulness.org/mbsr>

<https://www.umassmed.edu/cfm/mindfulness-based-programs/mbsr-courses/about-mbsr/>

REGISTRATION:

To register for the program you will have to contact me on my personal WhatsApp – Mindfulness-live - or by email: stephane@mindfulness-live.net

All the best and see you soon!

Stephane Offort

Instructor MBSR from IMA France

WEB SITE : <http://www.mindfulness-live.net/>