

MBSR Program

Logistics and Procedures

Logistics/Procedures of the MBSR Program: *Below are detailed logistics that were reviewed in the Orientation Session.* The program meets once a week for 8 weeks after the Orientation for 2.5 to 3.0 hours with the All-Day Practice Retreat on the Saturday between session 6 and 7.

- The All-Day Practice Retreat runs from 9:00AM–4:30PM.
- **Formal and informal practices:** In each session, you will learn about and practice different forms of mindfulness including the formal practices of mindful movement, sitting practice, body scan, and walking practice as well as informal practices such as mindful eating, speaking and listening, and mindfulness of daily activities.
- **Topics covered in sessions:** You will learn about stress and explore the habitual, automatic behavioral, physical, emotional and cognitive patterns as well as investigate, in detail, more effective and skillful responses to the challenges and demands of everyday life. In parallel, you'll also be exploring what it means to take care of yourself and flourish, how to relate to yourself and others more effectively, and what it might be like to nourish behaviors and activities that express our innate capacity for wellbeing.
- In each session, there will be periods of formal mindfulness practice, small and large group discussions, and talks, as well as practices and exercises related to that week's topics.
- **Recordings for Home Practice:** Please visit our webpage with guided meditations, mindful movement practices, weekly handouts, or email/online information with each week's formal and informal practice assignments.
- **Class size:** There will be approximately 9-25 people in each class session.
- **During session:** Comfortable clothing, loose at the waist that allows for unrestricted breathing and supports practice. There is one break during class, so please feel free to care for personal needs as required (this includes bathroom, food, water, medications). Consider eating lightly before class, although if food is needed for medical reasons, this should be accommodated. For in-person sessions, please refrain from using scented personal care products (this may include detergents) due to others' sensitivity.
- Daily home practice consists of 40-45 minutes of recorded formal practice in addition to other exercises, activities, or practice not requiring a recording. Total daily practice time is 60 minutes or more. Please consider how you will set aside time for daily practice since this is an essential component to the program.
- Participation in MBSR can be stressful. This includes time commitment and other possible challenges.
- **Attendance:** Attendance at all 9 sessions, including the all-day class is highly encouraged. If you miss a session, there are possibilities for making up the session that week on another day or by video. If you know you will miss 2 or more sessions, please consider participation in a different cycle. If, during the program, you miss 3 or more sessions, we encourage you to reschedule taking the entire program again in another cycle when you are able to make the time commitment. It's important to arrive on time. Please notify the teacher if you are unable to attend session, need to make up in another session, or know you will be late for a session.

- **Informed consent** - Please sign the Health Profile that contains the informed consent before Orientation.