

MINDFULNESS MEDITATION

Do you suffer from chronic pain, stress, anxiety, depression, or sleep problems?

Did you know you already have the tools to fight stress, anxiety, and pain and to boost your sense of well-being?

Mindfulness meditation is a powerful practice that can help you finely tune your attention to thoughts, emotions, and reactivity to physical sensations. Derived from the Mindfulness-Based Stress Reduction (MBSR) program developed by Jon Kabat-Zinn, PhD, mindfulness meditation is now taught at over 250 centers in the United States. Its principles can be applied in everyday life to reduce stress, pain, and symptoms of illness and can help you make positive changes in your health attitudes and behaviors.

The Center for Integrative Medicine at UPMC Shadyside is offering an eight-week Mindfulness Meditation class, which includes discussion and instruction in several meditation practices and gentle mindful yoga stretches as well as CDs of meditation guidance for home practice. Space is limited. Call early to register for the class and for a free orientation session to learn more.



Mindfulness Meditation Orientation Session (free)
Monday, Feb. 13, 2012
7 to 8 p.m.

Mindfulness Meditation Eight-Week Class (Fee: \$300)
Classes begin Monday, Feb. 27, and end Monday, Apr. 16, 2012
6:30 to 8:30 p.m.

Call the Center for Integrative Medicine at UPMC Shadyside, at 412-623-3023 for more information and to register.