

U Health Fitness and Wellness Center



MINDFULNESS-BASED STRESS REDUCTION

8-WEEK MINDFULNESS TRAINING with
GUS CASTELLANOS, MD & DEBRA ANNANE, MA, MPH

THIS 8-WEEK PROGRAM PROVIDES GUIDED INSTRUCTION IN FORMAL MINDFULNESS MEDITATION TECHNIQUES THAT INCLUDE RELAXATION, GENTLE STRETCHING, AND CLASS DISCUSSION. BOTH FACILITATORS ARE TRAINED BY UNIVERSITY OF MASSACHUSETTS CENTER FOR MINDFULNESS, AND THE CLASS IS BASED ON THE PROGRAM ORIGINALLY DEVELOPED BY JON KABAT-ZINN. GUIDED RECORDINGS ARE PROVIDED FOR DAILY 1-HOUR HOME PRACTICE, WHICH IS STRONGLY RECOMMENDED IN ORDER TO EXPERIENCE FULL BENEFITS OF THE COURSE.

DATES: Saturdays, 2:00PM – 4:30PM, Sept 17th -Nov 12th 2016 & All Day
Retreat: Oct 29th, 9:00AM - 3:00 PM.

COST: \$325. Cost to previous course participants with either instructor is \$180. Session attendance cannot be pro-rated. Tuition includes guided meditation instructions, handouts, course manual, meditation CDs and more! *Payment arrangements may be requested with need.*

U Health Fitness & Wellness Center 1120 NW 14th Street, Miami 33136

CONTACT US FOR MORE INFORMATION AT... DEBRA ANNANE: dannane@hotmail.com - 954.643-5397 or
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