

“How to Find Balance in Our Stressful Lives”

A Free Introductory Talk About Jon Kabat-Zinn’s

Mindfulness-Based Stress Reduction

Save
The
Dates



COURTESY OF THE NEW JERSEY CENTER FOR MINDFUL AWARENESS



Free Introductory Talk & Course Orientation

Monday, April 3rd at 7:30 pm

LOCATION: Highland Park Conservative Temple
201 S. Third Ave, Highland Park, NJ 08904 (2nd floor)

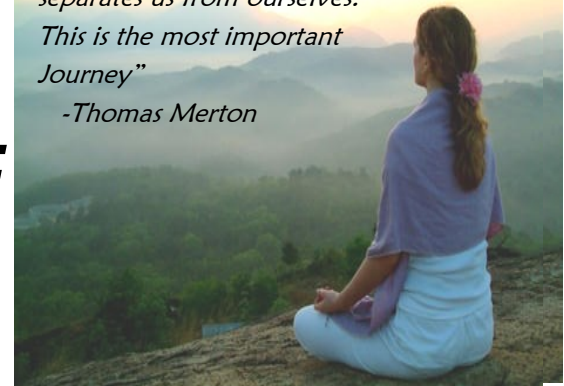
MBSR COURSE Set to BEGIN: MONDAY, April 24th

Mondays: 7:00 - 9:30 pm: April 24, May 1, 8, 15, 22 June 5, 12 & 19
(Day long Retreat on Sunday, June 11th, 10 am-5:00 pm)

*****CALL FOR INFO ABOUT CONTINUING ED CREDITS*****

“Of what use is it that we can travel to the moon if we can’t cross the abyss that separates us from ourselves. This is the most important Journey”

-Thomas Merton



Published research has shown that meditation and relaxation training can be significant and effective adjuncts to the conventional medical treatment of many disorders as well as a powerful means of reducing stress and pain and heightening well-being. Jon Kabat-Zinn’s MBSR Program at the Center for Mindfulness at the UMass Medical School has been on the cutting edge of mind/body & integrative medicine for 30 years.

Instructors



Dr. Ken A. Verni is a licensed Psychologist and CFM Approved MBSR Teacher. with over 20 years of experience in practicing mindfulness. Ken is a frequent speaker on the topic of Mindfulness & offers trainings & workshops throughout N.J.



Maria Martinez Alonso is a Clinical Psychologist, EMDR Accredited Consultant and CFM Approved MBSR Teacher. Maria teaches internationally and currently consults for the United Nations offering Mindfulness and Stress Reduction trainings.

www.mindfulawarenessnj.com

732-828-4740

kenaverni@gmail.com