

“How to Find Balance in Our Stressful Lives”

A Free Introductory Talk About Jon Kabat-Zinn’s

Mindfulness-Based Stress Reduction

COURTESY OF THE NEW JERSEY CENTER FOR MINDFUL AWARENESS

Save
The
Dates



Free Introductory Talk & Course Orientation

Monday, January 8 at 7:30 pm

LOCATION: McAuley Heritage Center

Georgian Court University: 900 Lakewood Ave, Lakewood NJ

MBSR COURSE Set to BEGIN:

MONDAY, January 22nd

Mondays: 7:00 - 9:30 pm: Jan 22, 29 Feb 5, 12, 19, 26 Mar 5, & 26

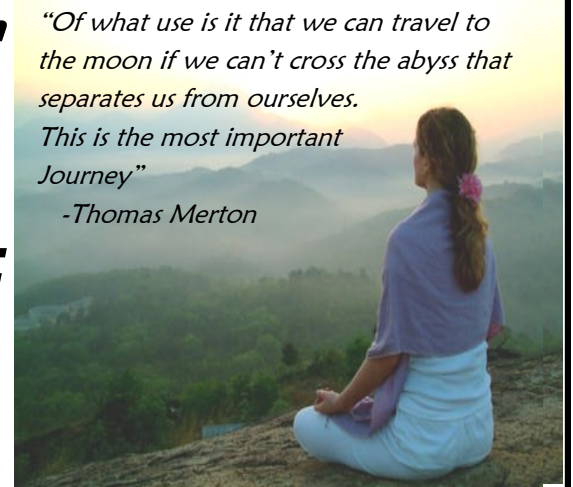
(Day long Retreat on Sunday, March 4th, 9 am-4:00 pm)

****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

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