

# “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, April 9th at 7:30 pm**

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

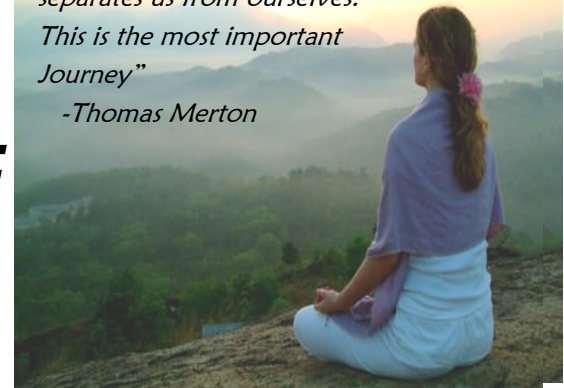
### MBSR COURSE Set to BEGIN: **MONDAY, April 16th**

Mondays: 7:00 - 9:30 pm: April 23, 30 May 7, 14, 21 June 4, 11 & 18  
(Day long Retreat on Sunday, June 10th, 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](http://www.mindfulawarenessnj.com)

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