

in a wide range of medical conditions, including many different manifestations of chronic pain. For more details visit: [www.umassmed.edu/cfm](http://www.umassmed.edu/cfm) and click on "Research".

## ABOUT THE PROGRAM

This course is modeled on the *MBSR* program offered at the Stress Reduction Clinic at UMMS. It involves eight weekly 2 1/2 hour classes and a one-day retreat. A practical and methodical approach is balanced with group participation, support, and encouragement. The methods introduced in this course are presented in the form of simple, creative, joyful yet very powerful and effective exercises. They include:

- Guided instruction in mindfulness meditation;
- Gentle stretching and simple yoga exercises;
- Group discussion and specific exercises for cultivating awareness in everyday life;
- Individually personalized instruction;
- Daily assignments for home practice;
- Home practice CDs and written materials.

Previous experience with meditation or yoga is not necessary. At the same time, the program will work in harmony with any practice you may already engage in.

This series is a self pay program. The fee is on a sliding scale based on family income. Each course also has a limited number of places with a nominal fee for people with very low income. Payment plans can be arranged. An additional family member can join for half price. Please inquire about details.

### What you can expect

This course will provide a safe, supportive and comfortable environment for anyone facing illness, stress, emotional turmoil, or other life challenges. It is offered as a complement, and not a replacement, to traditional medical and psychological treatments.

Published research reveals that most individuals who complete a *MBSR* program experience:

- Lasting reductions in physical and psychological symptoms;
- An increased capacity for relaxation and greater life balance;
- Reduced pain levels and an improved ability to deal with any pain that remains;
- More energy and zest for life;
- A growth in productivity and enhanced concentration levels;
- More positive self-esteem;
- Improved stress management in response to both short and long-term stress.

Following the program requires an ongoing commitment to yourself. You will be asked to attend all classes including the orientation session and to practice at home for 45-60 minutes six days a week.

### About the course instructor

**Bernie Schreck, MA** brings more than 20 years of experience in teaching meditation to his work. He served as the Director of a nationally-based meditation study program for more than 10 years. In that capacity, he designed and implemented a highly successful, progressive online meditation program.

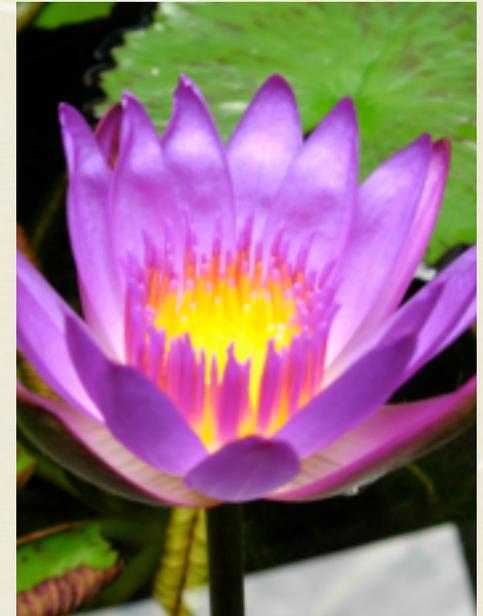


Bernie has also completed 65 hours of professional training in Mindfulness-based Stress Reduction under the direction of Dr. Jon Kabat-Zinn and Dr. Saki Santorelli. He enjoys leading his courses with care and compassion, provides a supportive environment and a stimulating learning experience.

Please inquire about course dates. Personal instruction for individuals or couples, as well as programs for companies and organizations can also be arranged.

MINDFULNESS-BASED

## Stress Reduction and Chronic Illness Management



A life-enhancing course in  
conscious living

*with*

**Bernie Schreck, MA**

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## A LIFE-ENHANCING COURSE IN CONSCIOUS LIVING

Thousands of people from all walks of life have successfully learned and applied the techniques of **Mindfulness-based Stress Reduction (MBSR)**, developed at the *University of Massachusetts Medical School (UMMS)*. Over 30 years of extensive medical research has demonstrated that **MBSR** is highly effective to reduce medical symptoms, manage chronic pain, ease stress, and relieve psychological distress. **MBSR** offers a positive way to actively engage in your own healing, take better care of yourself and discover a deeper sense of wellness and balance in your life.

*“In this very moment, no matter what your condition or situation, you have within you all the resources you need for growing, healing, and working with stress, pain, illness, and the everyday challenges you are facing. A growing body of scientific evidence supports the reality of a profound mind-body connection and now recognizes that learning and practicing mindfulness can positively affect your sense of health and well-being physically, mentally, and emotionally, while simultaneously offering you a means of discovering a deeper sense of ease and peace of mind.”*

- Dr. Saki F. Santorelli

Director of the UMMS Stress Reduction Clinic

## WHAT IS MINDFULNESS-BASED STRESS REDUCTION?

The **MBSR** approach to stress reduction was developed over 30 years ago by Dr. Jon Kabat-Zinn at the *UMMS Stress Reduction Clinic*. He pioneered the integration of mindfulness meditation into mainstream medicine and health care. **MBSR** is now highly regarded within the medical community.

The heart of this healing approach is based on a form of meditation called “mindfulness”. Mindfulness is a basic human capacity, a way of learning to be aware of whatever is happening in your body, heart and mind that fosters a greater sense of connection to every aspect of your life.

Through mindfulness training, you learn to relate directly to whatever occurs in your experience and thus take control of your own life. Mindfulness is a simple method for systematically tackling your own physical and emotional distress as well as the stressful demands of modern life. One of the greatest gifts of mindfulness is an increased sense of self-reliance and greater personal freedom.

We all experience moments of “mindlessness” throughout the day, when we are forgetful, lose our awareness, operate on automatic, and feel disconnected from ourself. Cultivating awareness can help you re-establish a sense of balance and well-being within yourself. Through the practice of mindfulness, you will awaken this natural facility and instill your life with greater awareness.

### Releasing an inner wellspring of awareness

Fortunately, the capacity for mindfulness already exists within each and everyone of us. It’s not something new that you have to obtain from outside, but an inner wellspring of awareness waiting to be tapped and utilized in your own process of healing and personal growth.

Mindfulness is cultivated through systematic practice using proven methods that help you connect with your body, mind, and emotions. Greater clarity and understanding emerge as you gradually master the practice. These methods are introduced step-by-step through guided meditations that show you how to connect with and better relate to physical sensations, feelings and thoughts.

## WHO CAN BENEFIT?

Anyone who is highly motivated to actively take part in enhancing their own health and well-being will benefit from this training. People participate for a variety of reasons including:

**Stress** in any aspect of life including work, family, finances, school, illness, aging, loss, or feeling uncertain, overwhelmed, or out of control.

**Chronic illness and pain** like headaches, high blood pressure, fatigue, fibromyalgia, gastrointestinal problems, asthma, skin disorders, cancer, heart disease, and other conditions.

**Emotional or psychological distress** including anxiety, depression, panic, and sleep disturbances.

**Sustaining health and wellness** through learning self-care, greater life balance, better coping skills, and cultivating more comfort and ease.

Many choose to learn this approach because, though they feel physically well, they find the speediness of modern life leaves them feeling out of control, or they’re just feeling ill at ease or off-kilter.

## SCIENTIFIC RESEARCH

Over 30 years of extensive medical research, including pilot studies and large scale research, has clearly proven that **MBSR** can positively and substantially affect your ability to reduce medical symptoms and psychological suffering while enhancing the quality of your life.

Studies in many academic medical centers have shown consistent, dependable, and reproducible indications of significant and clinically relevant decreases in medical and psychological symptoms