

“I am more aware of my responses to stressful feelings and thoughts behind and about my stress.”

-Julie F

“I now stop and think before reacting. I have created time for yoga and meditation and I’m getting better at making it a regimen.”

-Wayne B.

AN 8-WEEK COURSE IN

MINDFULNESS BASED STRESS REDUCTION

Mindfulness—A particular way of paying attention, one that gives rise to a moment-to-moment, non-judging awareness.

- ◇ Cope more effectively with anxiety, stress, anger, guilt, back pain and chronic illness
- ◇ Respond deliberately versus react impulsively
- ◇ Improve general health and well-being
- ◇ Be more present with yourself and others
- ◇ Develop an increased ability to relax

- ◇ **For more information, see www.therapyvermont.com or call Jennifer Gordon at**
- ◇ **The Vermont Center for Cognitive Behavior Therapy
802- 651-8999 or e-mail jennifer.gordon@uvm.edu**
- ◇ Tuesdays 5 to 7 PM. New course starting soon!
- ◇ 595 Dorset St. Suite 2 South Burlington
- ◇ Limited space available