



Mindfulness-Based Stress Reduction Course

8 Weekly Sessions

Wednesdays, April 29-June 17

5:15 p.m.–7:15 p.m.

500 Hall of Languages

>> DAVID JACOBS

David Jacobs received training in MBSR at the Center of Mindfulness, University of Massachusetts Medical Center. He has taught the program each semester to Syracuse University students through the Counseling Center since 2008 and has taught faculty and staff since 2013. He also teaches the program at Upstate Yoga Institute in DeWitt, where he is a certified yoga teacher.

SINCE 1979, THE MINDFULNESS-BASED STRESS REDUCTION (MBSR) model has become recognized as an effective tool for stress management. The MBSR program uses meditation and yoga to teach participants to relate differently to managing all kinds of stressors in their lives.

Specific benefits and skills learned in the MBSR course:

- Practical coping skills to improve your ability to handle stressful situations
- Greater balance, ease, peace of mind
- Improved concentration
- Increased ability to relax
- Improved relationships with self and others
- Develop an appropriate daily meditation practice

DROP-IN INFORMATION SESSION

• **Monday, April 20**

Noon-1 p.m.
South Campus
Skytop Office Building
Large conference room,
2nd floor

• **Tuesday, April 21**

Noon-1 p.m.
500 Hall of Languages

TO REGISTER

CONTACT the University Wellness Initiative Office at wellness@syr.edu or call 315-443-5472.

COST: \$40, Checks payable to Syracuse University and can be sent to campus mailing address: University Wellness Initiative, 111 Waverly Avenue, Suite 215.

Checks must be received prior to the start of the class.