

Mindfulness-Based Stress Reduction

FOR FACULTY AND STAFF

Mindfulness-Based Stress Reduction

Discover the power of meditation and yoga

Mindfulness-Based Stress Reduction is an effective tool for stress management, using meditation and yoga to help manage all kinds of stress. Joshua Felver PhD, Assistant Professor of Psychology will lead this eight-week program.

This evidence-based program focuses on:

- Practical coping skills to improve your ability to handle stressful situations
- Greater balance, ease, peace of mind
- Improved concentration

Register

The program runs Mondays, March 13–May 1, with a half-day retreat on Saturday, April 22. All sessions take place in Sims 123.

Register and submit your \$40 registration fee by March 8. Visit wellness.syr.edu/mbsr for details and to register.

Want to learn more?

Join us for information sessions on:

Monday, February 27

Hall of Languages, Room 500
12:15–12:45 p.m.

Thursday, March 2

Skytop Office Building, LCR
12:15–12:45 p.m.

Stay up to date!

Get information about the latest wellness events and programs.

Subscribe to our email list at wellness.syr.edu.

Questions?

Email wellness@syr.edu
or call **315.443.5472**.