

8-Week Mindfulness-Based Stress Reduction (MBSR) Course

Mindfulness-Based Stress Reduction (MBSR) is an empirically supported 8-week psycho-educational group intervention that involves systematic and intensive training in mindfulness meditation as a health intervention. MBSR is about developing a new relationship to stress arising from chronic illness, psychological conditions, and everyday distress. By developing an ability to be non-judgmental, curious, compassionate, discerning, and present, participants enhance psychological well-being and change embedded health attitudes and behaviors. MBSR is a structured pathway to relieve distress and increase well-being. Participants should be prepared for a highly participatory and practical course - and an environment that encourages deep engagement and inquiry. Curriculum includes:

- ❖ Guided instruction in mindfulness meditation practices
- ❖ Gentle stretching and mindful yoga
- ❖ Inquiry exercises to enhance awareness in everyday life
- ❖ Individually tailored instruction
- ❖ Group dialogue
- ❖ Activities for mindfulness in daily life
- ❖ Guided audio and workbook for home practice

Tuesdays 5:30-8:00 pm (In-person on UO campus)

Jan 16th – March 5th + daylong Sat, Feb 24th

Structure

The course meets
every week for 8 weeks for 2.5 hours *plus*
one “all-day” class
(a silent retreat day, 8:45 a.m.– 4:30 p.m.)

Cost

\$495 for non-UO participants
\$495 \$75 for UO grad students, post-docs, & staff

Manual, guided audio, lunch at daylong retreat, and use of yoga and meditation props included

Megan Lipsett, MA, MS, RYT. Megan is an experienced meditation and mindfulness teacher for graduate students, clinical populations, and social workers. She holds an MA in Integrative Health Studies and is pursuing a Ph.D. in Psychology, where she examines mindfulness- and acceptance-based interventions and biopsychosocial determinants of health behaviors and outcomes. She has instructed graduate level courses in Mindfulness and Stress Physiology. In her integrative health practice, she has supported individuals to use mindfulness for health promotion for 10+ years. Megan completed her MBSR teacher training practicum at UCSD’s Center for Mindfulness in the Center for Integrative Health.



Want to learn more about the course?

Scan this QR code to register for
one of the orientation / info sessions:

Thurs, Jan 4th at 5:30 pm

Tuesday, Jan 9th at 5:30 pm



Ready to register?

Scan this QR code to complete
the registration form:



Have questions? Email mlipsett@uoregon.edu