

# MBSR COURSE AND TEACHER LISTING

NEW YEAR 2025

110 MBSR COURSES  
88 MBSR TEACHERS

INCLUDES SAMPLE  
MBSR PLAYBOOK



EDITED BY ROBERT RICH

# MBSR New Year 2025 Courses by Start Date

*This listing is compiled on a best effort basis using data available in the public domain.*

*Please contact [mbsrplaybook@safe2heal.com](mailto:mbsrplaybook@safe2heal.com) with any questions, comments or suggestions.*

## C# 198 [Palouse Mindfulness](#)

Teacher: **DAVE POTTER**

**START: ON DEMAND**

Type: DIY Online

Meeting Day: On Demand

Local: ,

Price: free

## C# 492 [Peace In Piermont](#)

Teacher: **KATIE STOECKELER**

**START: 01/06/2025**

Type: Online

Meeting Day: Monday 730pm ET

Local: Piermont, NY

Price: \$666

## C# 405 [Duke Health](#)

Teacher: **RON VEREEN**

**START: 01/06/2025**

Type: Online

Meeting Day: Monday 545pm ET

Local: Raleigh, NC

Price: \$495

## C# 406 [Duke Health](#)

Teacher: **JULIE KOSEY**

**START: 01/07/2025**

Type: Online

Meeting Day: Tuesday 1pm ET

Local: Durham, NC

Price: \$495

**C# 427 [Scottsdale Institute Center for Mindfulness](#)**Teacher: **PAUL SUGAR****START: 01/08/2025**

Type: Online + In-Person

Meeting Day: Wednesday 6pm PT

Local: Scottsdale, AZ

Price: \$150 - \$550

**C# 455 [Duke Health](#)**Teacher: **RIITTA RUTANEN WHALEY****START: 01/08/2025**

Type: In Person

Meeting Day: Wednesday 545pm ET

Local: Raleigh, NC

Price: \$495

**C# 456 [Duke Health](#)**Teacher: **MAYA MCNEILLY****START: 01/09/2025**

Type: In Person

Meeting Day: Thursday 1pm ET

Local: Cary, NC

Price: \$495

**C# 437 [Insight Meditation Community of Washington](#)**Teacher: **STAN EISENSTEIN****START: 01/09/2025**

Type: Online

Meeting Day: Thursday 630pm ET

Local: Cabin John, MD

Price: \$550

**C# 387 [UCSD Center for Mindfulness](#)**Teacher: **HELEN DAVIS****START: 01/10/2025**

Type: In Person

Meeting Day: Friday 930am PT

Local: San Diego, CA

Price: \$620

**C# 410 [University of Minnesota Bakken Center](#)**Teacher: **MARIANN JOHNSON****START: 01/11/2025**

Type: In Person

Meeting Day: Saturday 930am CT

Local: South Eagan, MN

Price: \$299 - \$599

**C# 391 [Imagine Mindfulness](#)**Teacher: **IMAGINE INSTRUCTOR****START: 01/12/2025**

Type: Online

Meeting Day: Sunday 8am ET

Local: ,

Price: \$90

**C# 509 [Montana Mindfulness Institute](#)**Teacher: **SUSAN CURTIS****START: 01/12/2025**

Type: In Person

Meeting Day: Sunday 8pm ET

Local: Missoula, MT

Price: \$300

**C# 416 [Mindfulness Northwest](#)**Teacher: **TIM BURNETT****START: 01/12/2025**

Type: Online Meeting Day: Sunday 4pm PT

Local: Seattle, OR Price: \$415 - \$625

**C# 392 [Imagine Mindfulness](#)**Teacher: **IMAGINE INSTRUCTOR****START: 01/13/2025**

Type: Online Meeting Day: Monday 12pm ET

Local: , Price: \$90

**C# 379 [UCSF Osher Center](#)**Teacher: **BONNIE O'BRIEN JONSSON****START: 01/13/2025**

Type: Online Meeting Day: Monday 245pm PT

Local: San Francisco, CA Price: \$395

**C# 495 [StLukes University Health Network](#)**Teacher: **PADMA FANNING****START: 01/13/2025**

Type: Online Meeting Day: Monday 630pm ET

Local: Bethlehem, PA Price: \$100

**C# 434 [Mindfulness-Based Stress Reduction Center of NJ](#)**Teacher: **JIM HANDLIN****START: 01/14/2025**

Type: Online Meeting Day: Tuesday 730pm ET

Local: Metuchen, NJ Price: \$450 - \$550

**C# 388 [UCSD Center for Mindfulness](#)**Teacher: **LISETTE ATALA****START: 01/14/2025**

Type: In Person Meeting Day: Tuesday 6pm PT

Local: San Diego, CA Price: \$620

**C# 490 [Mindfulness Center of Atlanta](#)**Teacher: **MARK DANNENFELSER****START: 01/14/2025**

Type: Online Meeting Day: Tuesday 6pm ET

Local: Atlanta, GA Price: \$450

**C# 462 [Tampa General Hospital](#)**Teacher: **STACY DIGREGORIO****START: 01/14/2025**

Type: In Person Meeting Day: Tuesday 530pm ET

Local: Tampa, FL Price: \$400

**C# 411 [University of Minnesota Bakken Center](#)****Teacher:** SUSAN FLANIGAN**START: 01/14/2025****Type:** Online **Meeting Day:** Tuesday 6pm CT**Local:** Minneapolis, MN **Price:** \$299 - \$599**C# 425 [University of Utah Health Care](#)****Teacher:** TRINH MAI**START: 01/14/2025****Type:** Online **Meeting Day:** Tuesday 5pm PQ**Local:** Salt Lake City, Utah **Price:** \$325**C# 518 [The Mindfulness Project](#)****Teacher:** ALEX IRVING**START: 01/14/2025****Type:** Online **Meeting Day:** Tuesday 7pm GMT**Local:** London, UK **Price:** \$295**C# 446 [Wellness Collective](#)****Teacher:** ANGIE COROGIN**START: 01/15/2025****Type:** Online **Meeting Day:** Wednesday 530pm ET**Local:** Ashland, Ohio **Price:** \$450**C# 460 [Mindful Purpose Coaching](#)****Teacher:** SUNADA TAKAGI**START: 01/15/2025****Type:** In Person **Meeting Day:** Wednesday 630pm ET**Local:** Arlington, MA **Price:** \$400 - \$700**C# 393 [Imagine Mindfulness](#)****Teacher:** IMAGINE INSTRUCTOR**START: 01/16/2025****Type:** Online **Meeting Day:** Thursday 12pm ET**Local:** , **Price:** \$90**C# 463 [Tampa General Hospital](#)****Teacher:** DANIELLE GOODWIN**START: 01/16/2025****Type:** Online **Meeting Day:** Thursday 530pm ET**Local:** Tampa, FL **Price:** \$400**C# 497 [Caroline Mindfulness](#)****Teacher:** LYNN SMITH**START: 01/16/2025****Type:** Online + In-Person **Meeting Day:** Thursday 630pm ET**Local:** Knoxville, TN **Price:** \$495

**C# 389** [UCSD Center for Mindfulness](#)Teacher: **MEGAN PRAGER****START: 01/16/2025**

Type: In Person

Meeting Day:

Thursday

5pm

PT

Local: San Diego, CA

Price:

\$620

**C# 477** [Ali Turfe](#)Teacher: **ALI TURFE****START: 01/17/2025**

Type: Online

Meeting Day:

Friday

530pm

CT

Local: Ann Arbor, MI

Price:

0

**C# 478** [Ali Turfe](#)Teacher: **ALI TURFE****START: 01/19/2025**

Type: Online

Meeting Day:

Saturday

1pm

CT

Local: Ann Arbor, MI

Price:

0

**C# 479** [Ali Turfe](#)Teacher: **ALI TURFE****START: 01/20/2025**

Type: Online

Meeting Day:

Sunday

630am

CT

Local: Ann Arbor, MI

Price:

0

**C# 394** [Brown University](#)Teacher: **COLLEEN CAMENISCH****START: 01/20/2025**

Type: Online

Meeting Day:

Monday

6pm

ET

Local: Providence, RI

Price:

\$599

**C# 430** [UW Health](#)Teacher: **CYNTHIA NORDMEYER****START: 01/21/2025**

Type: Online

Meeting Day:

Tuesday

530pm

CT

Local: Madison, WI

Price:

\$295 - \$475

**C# 395** [Brown University](#)Teacher: **ERIN WOO****START: 01/21/2025**

Type: Online

Meeting Day:

Tuesday

9am

ET

Local: Providence, RI

Price:

\$599

**C# 383** [UMass Memorial Health](#)Teacher: **EVA TSUDA****START: 01/21/2025**

Type: Online

Meeting Day:

Tuesday

6pm

ET

Local: Boston, MA

Price:

\$650

**C# 382** [UMass Memorial Health](#)Teacher: **GINNY WHOLLEY****START: 01/21/2025**

Type: Online Meeting Day: Tuesday 9am ET  
 Local: Boston, MA Price: \$650

**C# 417** [Mindfulness Northwest](#)Teacher: **KAREN SCHWISOW****START: 01/21/2025**

Type: Online Meeting Day: Tuesday 6pm PT  
 Local: Seattle, WA Price: \$415 - \$625

**C# 486** [Mindful Switch](#)Teacher: **KIM RONALINE****START: 01/21/2025**

Type: Online Meeting Day: Tuesday 6pm ET  
 Local: Toronto, Canada Price: \$536

**C# 438** [Compassionate Ocean Zen Center](#)Teacher: **MICHAEL O'NEAL****START: 01/21/2025**

Type: Online Meeting Day: Tuesday 630pm CT  
 Local: Minneapolis, MN Price: \$350

**C# 433** [Sol Center](#)Teacher: **NATASHA KORSHAK****START: 01/21/2025**

Type: In Person Meeting Day: Tuesday 615pm CT  
 Local: Tucson, AZ Price: \$450

**C# 503** [Parmjit Singh](#)Teacher: **PARMJIT SINGH****START: 01/21/2025**

Type: Online Meeting Day: Tuesday 6pm ET  
 Local: Toronto, Canada Price: \$279

**C# 493** [UNC School of Medicine](#)Teacher: **PAULA HUFFMAN****START: 01/21/2025**

Type: Online Meeting Day: Tuesday 6pm ET  
 Local: Chapel Hill, NC Price: \$375

**C# 443** [Northern Michigan Psychiatric Services](#)Teacher: **WENDY WECKSTEIN****START: 01/21/2025**

Type: Online + In-Person Meeting Day: Tuesday 6pm CT  
 Local: Traverse City, MI Price: \$375 - \$625

**C# 507 [Jefferson Health](#)**

Teacher: ?

**START: 01/22/2025**

Type: Online

Meeting Day:

Wednesday

630pm

ET

Local: Philadelphia, PA

Price:

\$495

**C# 380 [UCSF Osher Center](#)**Teacher: **BONNIE O'BRIEN JONSSON****START: 01/22/2025**

Type: Online

Meeting Day:

Wednesday

630pm

PT

Local: San Francisco, CA

Price:

\$395

**C# 420 [SMU Lee Kong Chian School of Business](#)**Teacher: **CARMEN TEO****START: 01/22/2025**

Type: In Person

Meeting Day:

Wednesday

7pm

SGT

Local: Singapore, Singapore

Price:

\$695

**C# 384 [UMass Memorial Health](#)**Teacher: **CHRISTINE MCNULTY-BUCKLEY****START: 01/22/2025**

Type: Online

Meeting Day:

Wednesday

9am

ET

Local: Boston, MA

Price:

\$650

**C# 404 [New York Insight Meditation Center](#)**Teacher: **ELAINE RETHOLTZ****START: 01/22/2025**

Type: In Person

Meeting Day:

Wednesday

930am

ET

Local: New York, NY

Price:

\$350 - \$625

**C# 385 [UMass Memorial Health](#)**Teacher: **ERIN SHARAF****START: 01/22/2025**

Type: Online

Meeting Day:

Wednesday

6pm

ET

Local: Boston, MA

Price:

\$650

**C# 418 [Mindfulness Northwest](#)**Teacher: **KAREN SCHWISOW****START: 01/22/2025**

Type: In Person

Meeting Day:

Wednesday

6pm

PT

Local: Seattle, WA

Price:

\$475 - \$715

**C# 504 [Centre For Mindfulness Canada](#)**Teacher: **KASIM AL-MASHAT****START: 01/22/2025**

Type: Online

Meeting Day:

Wednesday

530pm

PT

Local: Vancouver, Canada

Price:

\$565

**C# 396 [Brown University](#)****Teacher:** LYNN KOERBEL**START: 01/22/2025****Type:** Online      **Meeting Day:** Wednesday      9am      ET**Local:** Providence, RI      **Price:** \$599**C# 502 [Cambridge buddhist centre](#)****Teacher:** RUCHIRAKETU**START: 01/22/2025****Type:** In Person      **Meeting Day:** Wednesday      7pm      GMT**Local:** Cambridge, UK      **Price:** \$160**C# 476 [One Life Mindfulness](#)****Teacher:** TOBY WILTSHIRE**START: 01/22/2025****Type:** In Person      **Meeting Day:** Wednesday      7pm      UK**Local:** Leeds, UK      **Price:** \$245**C# 431 [UW Health](#)****Teacher:** VALERIE GALETTO**START: 01/22/2025****Type:** In Person      **Meeting Day:** Wednesday      530pm      CT**Local:** Madison, WI      **Price:** \$295 - \$475**C# 508 [Jefferson Health](#)****Teacher:** ?**START: 01/23/2025****Type:** Online      **Meeting Day:** Thursday      630pm      ET**Local:** Philadelphia, PA      **Price:** \$495**C# 386 [UMass Memorial Health](#)****Teacher:** BOB LINSKOTT**START: 01/23/2025****Type:** Online      **Meeting Day:** Thursday      6pm      ET**Local:** Providence, RI      **Price:** \$650**C# 390 [UCSD Center for Mindfulness](#)****Teacher:** CHERYL SHAH**START: 01/23/2025****Type:** In Person      **Meeting Day:** Sunday      9am      PT**Local:** San Diego, CA      **Price:** \$620**C# 505 [Centre For Mindfulness Canada](#)****Teacher:** KASIM AL-MASHAT**START: 01/23/2025****Type:** Online      **Meeting Day:** Thursday      530pm      PT**Local:** Vancouver, Canada      **Price:** \$565

**C# 494** [UNC School of Medicine](#)Teacher: **PAULA HUFFMAN****START: 01/24/2025**

Type: Online

Meeting Day: Friday

930am ET

Local: Chapel Hill, NC

Price: \$375

**C# 496** [flow yoga center](#)Teacher: **JANELLE MIRABEAU****START: 01/26/2025**

Type: In Person

Meeting Day: Sunday

1pm ET

Local: Washington DC, DC

Price: \$500

**C# 451** [Tula Yoga Studio](#)Teacher: **MAILE WICKLANDER****START: 01/26/2025**

Type: In Person

Meeting Day: Sunday

130pm CT

Local: Chicago, IL

Price: \$399

**C# 419** [Mindfulness Northwest](#)Teacher: **TIM BURNETT****START: 01/27/2025**

Type: In Person

Meeting Day: Monday

9am PT

Local: Bellingham, OR

Price: \$475 - \$715

**C# 513** [Renew Mindful Therapy](#)Teacher: **ALISON RESTAK****START: 01/28/2025**

Type: In Person

Meeting Day: Tuesday

630pm ET

Local: Brooklyn, NY

Price: \$550

**C# 429** [Mindfulness and Health Institute](#)Teacher: **ELAINE RETHOLTZ****START: 01/28/2025**

Type: Online

Meeting Day: Tuesday

630pm ET

Local: Providence, RI

Price: \$390 - \$765

**C# 376** [Sutter Health](#)Teacher: **JULIE FORBES****START: 01/28/2025**

Type: Online

Meeting Day: Tuesday

6pm PT

Local: San Francisco, CA

Price: \$295

**C# 444** [Mindfulness Dimensions](#)Teacher: **KAREN WADDELL****START: 01/28/2025**

Type: In Person

Meeting Day: Tuesday

630pm ET

Local: Toronto, Canada

Price: \$549

**C# 449 [Tula Yoga Studio](#)****Teacher:** **MAILE WICKLANDER****START: 01/28/2025****Type:** Online **Meeting Day:** Tuesday 5pm CT**Local:** Chicago, IL **Price:** \$399**C# 421 [East Coast Mindfulness](#)****Teacher:** **REBECCA ELDRIDGE****START: 01/28/2025****Type:** Online **Meeting Day:** Tuesday 6pm ET**Local:** Boston, MA **Price:** \$450 - \$600**C# 515 [embodymind](#)****Teacher:** **TRACY PROWSE****START: 01/28/2025****Type:** Online **Meeting Day:** Tuesday 430pm SA**Local:** Stellenbosch, South Africa **Price:** 500**C# 447 [Ann Arbor Center for Mindfulness](#)****Teacher:** **BRENDA LINDSAY****START: 01/29/2025****Type:** Online **Meeting Day:** Wednesday 630pm ET**Local:** Ann Arbor, MI **Price:** \$220 - \$430**C# 458 [University of Wisconsin](#)****Teacher:** **LORI TUOMINEN****START: 01/29/2025****Type:** Online **Meeting Day:** Wednesday 5pm CT**Local:** Superior, WI **Price:** \$295**C# 510 [Cork Mindfulness](#)****Teacher:** **SEAMUS MCMAHON****START: 01/29/2025****Type:** In Person **Meeting Day:** Wednesday 7pm UK**Local:** Cork, Ireland **Price:** \$349**C# 445 [Mindfulness Dimensions](#)****Teacher:** **KAREN WADDELL****START: 01/30/2025****Type:** In Person **Meeting Day:** Thursday 6pm ET**Local:** Toronto, Canada **Price:** \$549**C# 428 [Charlotte Center for Mindfulness](#)****Teacher:** **LINDSAY BRIDGES****START: 01/30/2025****Type:** In Person **Meeting Day:** Thursday 6pm ET**Local:** Charlotte, NC **Price:** \$75 - \$500

**C# 432 [UW Health](#)****Teacher:** **TORAL LIVINGSTON-JHA****START: 01/30/2025****Type:** Online **Meeting Day:** Thursday 2pm CT**Local:** Madison, WI **Price:** \$60 - \$100**C# 487 [Mindful Switch](#)****Teacher:** **KIM RONALINE****START: 01/31/2025****Type:** Online **Meeting Day:** Friday 9am ET**Local:** Toronto, Canada **Price:** \$536**C# 450 [Tula Yoga Studio](#)****Teacher:** **MAILE WICKLANDER****START: 01/31/2025****Type:** In Person **Meeting Day:** Friday 3pm CT**Local:** Chicago, IL **Price:** \$399**C# 422 [East Coast Mindfulness](#)****Teacher:** **LAURA SMALLWOOD****START: 02/01/2025****Type:** Online **Meeting Day:** Saturday 9am ET**Local:** Boston, MA **Price:** \$450 - \$600**C# 435 [Pause Meditation](#)****Teacher:** **RYAN KENNY****START: 02/02/2025****Type:** In Person **Meeting Day:** sunday 530pm PT**Local:** Portland, OR **Price:** \$395 - \$750**C# 452 [The One Center](#)****Teacher:** **BRENDA BUTTERFIELD****START: 02/03/2025****Type:** Online + In-Person **Meeting Day:** Monday 6pm PT**Local:** Olympia, WA **Price:** \$375 - \$550**C# 403 [Penn State](#)****Teacher:** **TIM RILEY****START: 02/03/2025****Type:** Online **Meeting Day:** Monday 6pm**Local:** , **Price:** \$325**C# 514 [All about now...](#)****Teacher:** **GERI WILIMEK****START: 02/04/2025****Type:** In Person **Meeting Day:** Tuesday 6pm CT**Local:** Bemidji, MN **Price:** \$350

**C# 426** [University of Utah Health Care](#)Teacher: **HEIDI O'DONOGHUE****START: 02/05/2025**

Type: In Person Meeting Day: Wednesday 5pm PT

Local: Salt Lake City, Utah Price: \$125 - \$325

**C# 412** [University of Minnesota Bakken Center](#)Teacher: **MERRA YOUNG****START: 02/06/2025**

Type: Online Meeting Day: Thursday 630pm CT

Local: Minneapolis, MN Price: \$299 - \$599

**C# 467** [Openground](#)Teacher: **BETTY RAMSAY****START: 02/10/2025**

Type: In Person Meeting Day: Monday 630pm AEDT

Local: Sydney, AU Price: \$695

**C# 465** [Openground](#)Teacher: **DI SHAW****START: 02/11/2025**

Type: Online Meeting Day: Tuesday 630pm AEDT

Local: Sydney, AU Price: \$695

**C# 475** [Openground](#)Teacher: **KAREN HADDON****START: 02/11/2025**

Type: In Person Meeting Day: Tuesday 630pm AEDT

Local: Perth, AU Price: \$695

**C# 517** [Practice for Mindful Living](#)Teacher: **KATE SKILBECK****START: 02/11/2025**

Type: In Person Meeting Day: Tuesday 630pm AEDT

Local: Alfredtom, AU Price: \$595

**C# 468** [Openground](#)Teacher: **LIBBA GRANGER****START: 02/11/2025**

Type: In Person Meeting Day: Tuesday 6pm AEDT

Local: Sydney, AU Price: \$695

**C# 474** [Openground](#)Teacher: **MARY MCINTYRE****START: 02/11/2025**

Type: In Person Meeting Day: Tuesday 630pm AEDT

Local: Brisbane, AU Price: \$695

**C# 408 [The Mindfulness Project](#)****Teacher:** ROSALIE DORES**START: 02/11/2025****Type:** Online**Meeting Day:**

Tuesday

7pm

GMT

**Local:** London, UK**Price:**

\$295

**C# 472 [Openground](#)****Teacher:** KAREN WALKER**START: 02/12/2025****Type:** In Person**Meeting Day:**

Wednesday

6pm

AEDT

**Local:** Melbourne, AU**Price:**

\$695

**C# 436 [Pause Meditation](#)****Teacher:** RYAN KENNY**START: 02/12/2025****Type:** In Person**Meeting Day:**

Wednesday

630pm

Pacific

**Local:** Portland, OR**Price:**

\$395 - \$750

**C# 473 [Openground](#)****Teacher:** INGRID JOLLEY**START: 02/13/2025****Type:** In Person**Meeting Day:**

Thursday

630pm

AEDT

**Local:** Melbourne, AU**Price:**

\$695

**C# 469 [Openground](#)****Teacher:** SHERRE DELYS**START: 02/14/2025****Type:** In Person**Meeting Day:**

Friday

10am

AEDT

**Local:** Sydney, AU**Price:**

\$695

**C# 466 [Openground](#)****Teacher:** DI SHAW**START: 02/16/2025****Type:** Online**Meeting Day:**

Sunday

2pm

AEDT

**Local:** Sydney, AU**Price:**

\$695

**C# 470 [Openground](#)****Teacher:** JANNELLE GERAGHTY**START: 02/16/2025****Type:** In Person**Meeting Day:**

Sunday

10am

AEDT

**Local:** Coffs Harbour, AU**Price:**

\$695

**C# 488 [Mindful Switch](#)****Teacher:** RANDIP SINGH**START: 02/16/2025****Type:** Online**Meeting Day:**

Sunday

9am

ET

**Local:** Toronto, Canada**Price:**

\$536

**C# 423** [OSHU](#)**Teacher:** **KIMBERLY CARSON****START: 02/19/2025**

**Type:** Online      **Meeting Day:** Wednesday      615pm      PT  
**Local:** Portland, OR      **Price:** \$200 - \$449

**C# 381** [UCSF Osher Center](#)**Teacher:** **BONNIE O'BRIEN JONSSON****START: 02/25/2025**

**Type:** Online      **Meeting Day:** Tuesday      6pm      PT  
**Local:** San Francisco, CA      **Price:** \$395

**C# 409** [The Mindfulness Project](#)**Teacher:** **ALEX IRVING****START: 02/26/2025**

**Type:** Online      **Meeting Day:** Wednesday      7pm      UK  
**Local:** London, UK      **Price:** \$295

**C# 498** [Mindfulness Aotearoa](#)**Teacher:** **JAN HAWORTH****START: 02/26/2025**

**Type:** In Person      **Meeting Day:** Wednesday      630pm      AEDT  
**Local:** Epsom, AU      **Price:** \$725

**C# 448** [The Halton Centre](#)**Teacher:** **SUSAN WILLIAMS****START: 02/26/2025**

**Type:** In Person      **Meeting Day:** Wednesday      630pm      ET  
**Local:** Oakville, Canada      **Price:**

**C# 461** [Bridget Simmerman](#)**Teacher:** **BRIDGET SIMMERMAN****START: 03/05/2025**

**Type:** In Person      **Meeting Day:** Wednesday      630pm      ET  
**Local:** Blacksburg, VA      **Price:** \$550

**C# 457** [University of Wisconsin](#)**Teacher:** **LORI TUOMINEN****START: 03/05/2025**

**Type:** Online + In-Person      **Meeting Day:** Wednesday      5pm      CT  
**Local:** Superior, WI      **Price:** \$295

**C# 441** [Ethos Primary Care](#)**Teacher:** **ASHA GALA****START: 03/10/2025**

**Type:** Online      **Meeting Day:** Monday      630pm      ET  
**Local:** Long Valley, NJ      **Price:** \$500

**C# 459 [Health Lifestyle Management](#)****Teacher:** **LISA RIGAU****START: 03/19/2025****Type:** In Person**Meeting Day:**

Wednesday

6pm

ET

**Local:** Dunmore, PA**Price:**

\$350

**C# 506 [San Damiano Retreat](#)****Teacher:** **JERRY CAMBRA****START: 03/29/2025****Type:** Online**Meeting Day:**

Saturday

9am

PT

**Local:** Danville, CA**Price:**

\$185

# Teacher Listing for MBSR New Year 2025 Courses

## Alex Irving

London, UK

[The Mindfulness Project](#)

Start: 02/26/2025

Alex has practiced mindfulness since 2001 and has been teaching since 2011. He holds a Masters degree in Teaching Mindfulness Based Approaches from Bangor University, is registered to teach with the British Association of Mindfulness Based Approaches and is a supervisor with the Mindfulness Network CIC. Alex has a particular interest in the deepening and extending of mindfulness practice and has trained to teach Mindfulness Based Compassionate Living with the Mindfulness Network and Taking it Further with the Oxford Mindfulness Centre. With a background in osteopathy and a master's degree in pain science, Alex also has experience helping people navigate chronic pain.

## Ali Turfe

Ann Arbor, MI

[Ali Turfe](#)

Start: 01/17/2025 01/19/2025 01/20/2025

Greetings, welcome to my mindfulness website. Based in Ann Arbor, Michigan, U.S., I have trained adults from around the world. I offer MBSR Mindfulness-Based Stress Reduction training that empower individuals with increased presence, awareness and connectivity to reduce stress in the workplace and daily living.

## Alison Restak

Brooklyn, NY

[Renew Mindful Therapy](#)

Start: 01/28/2025

Over the past 18 years, I've had the privilege of working in a wide range of clinical settings—from music therapy with children facing developmental challenges to career coaching and therapy with veterans transitioning back to civilian life. Most of my work has been in outpatient mental health settings and Employee Assistance Programs (EAPs) in hospitals and corporations. At Ernst & Young (EY), I provide emotional health support and teach Mindful Leadership, an 8-week course designed for firm leaders and employees across the Americas. As a certified dialectical behavior

therapy (DBT) clinician, I take a strengths-based approach with my clients, focusing on resilience and the innate capacity for positive change. I'm continuously inspired by the individuals I work with, witnessing their growth as they navigate challenges and work toward their personal and professional aspirations. There is so much to gain from reaching out for support—a therapist can be a trusted guide, offering a safe, nonjudgmental space where healing and growth can flourish. In addition to my work as a therapist, I am a long-time meditator, fitness enthusiast, and avid runner. I believe in a holistic approach to therapy that integrates mindfulness practices and emphasizes the mind-body connection. By cultivating self-awareness, self-acceptance, and compassion, we can engage more fully with ourselves and the world around us. In addition to my work as a therapist, I am a long-time meditator, fitness enthusiast, and avid runner. I believe in a holistic approach to therapy that integrates mindfulness practices and emphasizes the mind-body connection. By cultivating self-awareness, self-acceptance, and compassion, we can engage more fully with ourselves and the world around us. I am a fully certified Mindfulness-Based Stress Reduction (MBSR) teacher, having completed my professional training with senior faculty at the University of Massachusetts Center for Mindfulness and mentorship hours with Steve Hickman at the University of California, San Diego, Center for Integrative Health (UCSD).

## Angie Corogin

Ashland, Ohio

### Wellness Collective

Start: 01/15/2025

M.Ed Intervention Services / Ohio Licensed Intervention Specialist | BS Environmental Education / ERYT500 (Experienced Registered Yoga Teacher) / Yoga Alliance Continuing Education Provider / Certified Breathwork Facilitator / TEDx Speaker / Integrative Nutrition Coach / Mindfulness-Based Stress Reduction Teacher / Tension & Trauma Releasing Exercise Provider (TRE) / Trauma-Sensitive Mindfulness Practitioner / Certified Breathwork Facilitator / Long White Cloud Qigong Teacher-in-training

Angie has an active Ohio Intervention Specialist license. She has worked with students of all ages and has coached K-12 General Education and Special Education Teachers. She believes that the future of our collective well-being is powerfully impacted by the work and service of our schools and teachers. Angie has over 20+ years of experience in the fitness industry spanning roles from T-Ball Coach to Therapy Center Director, and currently a Health Coach with the Cleveland Clinic. Angie has owned a yoga + wellness studio for 13 years and is currently the owner & founder of Wildlight Wellness in Grand Rapids, Ohio.

**Asha Gala****Long Valley, NJ****Ethos Primary Care****Start:** 03/10/2025

As a National Board Certified Health and Wellness Coach and Mindfulness-Based Stress Reduction (MBSR) teacher, Asha designs and teaches lifestyle medicine classes including MBSR, facilitates support groups for patients healing from chronic illness, and provides one-on-one lifestyle counseling sessions. Over the past decade, Asha has worked as a lifestyle coach in New Jersey. Today she puts these skills to use by supporting you on the day-in, day-out aspects of your healing journey. From designing and teaching lifestyle medicine classes, to facilitating support groups for patients healing from chronic illness, to providing one-on-one lifestyle counseling sessions.

**Bob Linscott****Providence, RI****UMass Memorial Health****Start:** 01/23/2025

Bob Linscott has been teaching meditation and mindfulness for over 20 years. Since completing his training in MBSR Linscott has been teaching for a variety of populations including older adults in Assisted Living settings, Family Caregivers, LGBTQ adults and students, and clients dealing with anxiety and depression. In addition to Brown, his teaching positions include The UMass Medical School, UMass Memorial Health Care, Massachusetts General Hospital, SEIU 775 Benefits Group in Washington State and The Fenway Institute at Fenway Health. Linscott has dedicated most of his career to issues of diversity and inclusion working with underserved and at-risk populations. He spent several years living with the Dine' (Navajo) on the reservation in Arizona and travels regularly to Nepal to assist with The Nepal Orphans Home, the orphanage his brother founded in 2005. Linscott is the Assistant Director of The LGBT Aging Project at The Fenway Institute, a Program of Fenway Health. His work there is profiled in the award winning documentary Gen Silent. Linscott was first drawn to MBSR as an intervention for LGBT elders who endured a life time of stigma and discrimination which takes its toll on the body. He also uses MBSR with LGBTQ young adults as a tool to enhance resiliency in response to social anxiety and depression.

**Bonnie O'Brien Jonsson****San Francisco, CA****UCSF Osher Center****Start:** 01/13/2025 01/22/2025 02/25/2025

Bonnie O'Brien Jonsson has been teaching Mindfulness-based Stress Reduction (MBSR) at the Osher Center since 2002. In addition to teaching at the Osher Center,

she has taught MBSR at Google and Berkeley Law, and she teaches meditation in prisons and other venues in the Bay Area. She has been a practitioner of mindfulness meditation since 1993 and is also a certified qi gong instructor. Ms. O'Brien-Jonsson worked as a program director and hospital clinician for 16 years prior to starting her business providing continuing education seminars for health care professionals. She led Year to Live workshops on mindful living and dying for 15 years. Ms. O'Brien-Jonsson brings a sense of joy and kindness into her teaching.

## **Brenda Butterfield**

**Olympia, WA**

### [The One Center](#)

**Start:** 02/03/2025

This course is taught by Dr. Brenda S. Butterfield, Licensed Mental Health Counselor, Doctorate of Education, Master of Social Work, Bachelor of Arts in Psychology and Founder of Our New Experience, LLC

## **Brenda Lindsay**

**Ann Arbor, MI**

### [Ann Arbor Center for Mindfulness](#)

**Start:** 01/29/2025

Brenda Lindsay, CPC, PRP, CPA. MBSR teacher trained through Brown University, Certified Mindfulness Instructor from AIHCP, Certified Yoga Teacher (CYT-200), Board Member of the Ann Arbor Center for Mindfulness.

## **Bridget Simmerman**

**Blacksburg, VA**

### [Bridget Simmerman](#)

**Start:** 03/05/2025

Bridget S immerman, LCSW, E-RYT500, is a psychotherapist with over 38 years of experience. She is in Blacksburg, Virginia. She has been practicing mindfulness meditation and hatha yoga for over 28 years, and has been teaching for the currently in private practice. In addition, she holds certification to teach hatha yoga and integrative yoga therapy

## **Carmen Teo**

**Singapore, Singapore**

### [SMU Lee Kong Chian School of Business](#)

**Start:** 01/22/2025

Carmen Teo is a senior mindfulness teacher and a long-time meditator in wisdom traditions, having attended silent meditation retreats regularly for the last 16 years. She holds full Certifications in MBSR and MSC training. She is also an International Mindfulness Teacher Supervisor (UC San Diego), an independent researcher and a

yoga teacher. Having been touched by her life's transformation through the practice, she left a 15-year successful corporate and consulting career to establish her training firm. Since 2015, she has delivered mindfulness workshops to thousands, and journeyed with hundreds in longer multi-week mindfulness programs in organizations and educational institutions. She is an alumna of NUS Business School, Cornell University, and holds a Doctorate in Education (NTU) with her research emphasis on wellbeing and the teaching and learning of mindfulness.

## **Cheryl Shah**

**San Diego, CA**

[UCSD Center for Mindfulness](#)

**Start:** 01/23/2025

Cheryl has taught MBSR for over 7 years at organizations including Qualcomm, the University of California, San Diego (UCSD), UCSD, Center for Mindfulness, and is a facilitator for Potential Project. She has her MBSR & Mindful Self-Compassion Certifications through the UCSD. Cheryl's 20+ years of corporate experience have led her to the conclusion that there must be a better way to live and work. Cheryl lives with her husband in San Diego, CA and they have two beautiful adult daughters. She enjoys playing tennis, traveling, hiking, and spending time with friends & family.

## **Christine McNulty-Buckley**

**Boston, MA**

[UMass Memorial Health](#)

**Start:** 01/22/2025

After many years in clinical practice, nursing leadership, and education, Christine was struck by the significant stress evident among healthcare teams and shifted her focus to introducing mindfulness as a tool to cultivate resiliency and mitigate burnout. In her current role at Endicott College, she focuses on integrating mindfulness and resiliency training into the formal education of nursing students and also continues to offer a variety of Mindful Wellbeing & Resiliency programs in both the academic and clinical settings. In addition, Christine offers both individual and group Mindfulness Based Health and Wellness Coaching to foster the creation of sustainable, personalized pathways for mindfulness and wellbeing. Mindfulness Based Health and Wellness Coaching provides the foundational support to build and lead a flourishing life. Here at UMass Memorial Health Care, Christine leads 8-Week MBSR and Mindfulness Tools courses open to all, and she is always inspired by mindfulness teaching and learning through community and connection.

**Colleen Camenisch****Providence, RI****Brown University****Start:** 01/20/2025

Colleen Camenisch, MBA, has been teaching Mindfulness Based Stress Reduction programs along with other meditation courses over a decade. In addition to the MBSR classes, she has taught many modified programs and retreats at many large companies, hospitals, including a program for victims of trauma and for judges through the National Judicial College. Colleen's other professional experience includes a Master's Degree in Business and a Bachelor's Degree in Marketing from UNR. Additionally, she completed a post-graduate course in International Business and Trade Law at the United Nations International Labor Organization. She also works part-time as the Executive Director of the Nevada Physician Wellness Coalition. Her practical business skills coupled with her extensive formal education have brought a unique combination of professionalism, knowledge, and sincere compassion to all of her work. In all of her personal and professional endeavors, she has strived to find ways to make the world and community a better place.

**Cynthia Nordmeyer****Madison, WI****UW Health****Start:** 01/21/2025

Cynthia was first introduced to meditation practice by her yoga teachers twenty years ago, and found herself returning to the teachings and practices again and again. She is a school counselor in the Madison Metropolitan School District and has been a member of the district's core mindfulness team that offers mindfulness-based programs and classes to staff across the school district. Cynthia is trained in Mindfulness Training for Smokers, the .b curriculum for teens developed by Mindfulness in Schools Project, and is an Mindfulness Based Stress Reduction Teacher in Training with the UCSD Center for Mindfulness Teacher Certification pathway.

**Danielle Goodwin****Tampa, FL****Tampa General Hospital****Start:** 01/16/2025

"I came from a very loud and musical Italian family. Yet, I was shown how to hold moments of silence with reverence, when on the water, when holding a baby, when there was a loss in the family. I continued to be musical, singing professionally from age 8, touring the nation with my own songwriting, teaching singing, and then finding a sense of healing through providing music at the hospital bedside. Through my hospital work, I rediscovered the value of those moments of silence, holding

space for those going through difficult diagnoses. I began studying breathing techniques, mindfulness, yoga, meditation, and how creative practices can also be a form of mindfulness. This awareness has broadened my life and brought me back to my truest self. I continue to write and record my songwriting, now with my husband. We try our best to capture moments of mindfulness with our 2 energetic boys. I still work at the hospital bedside, but I am thrilled to start teaching MBSR for the TGH community as well.”

## Dave Potter

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### Palouse Mindfulness

**Start:** On Demand

I am fully certified as an MBSR instructor by the University of Massachusetts Medical School and I taught live, in-person MBSR classes in my community for 12 years. I'm also a retired professional psychotherapist who has had a daily meditation practice for over 30 years, and when I discovered MBSR, I wanted to offer it to my clients and my community. I started teaching my twice-yearly in-person classes in 2004 and, as a service to my students, began to put some parts of the class online. I soon realized that with a little work, the material could be useful to people who are not able to attend a live MBSR class, either because of financial or geographical limitations.. Creating and incrementally improving this resource has been a labor of love, and I'm happy to provide these materials without asking for a fee, something that is made possible given the economies of the internet, how the course is structured, and the generosity of other teachers\* who have given their permission to make their teachings freely available on this website. It pleases me to know that anyone with an internet connection, whether they live in Moscow, Idaho or Moscow, Russia, can find and use the rich set of materials here. There is even a way for people without internet to have access to the course.

## Di Shaw

**Sydney, AU**

### Openground

**Start:** 02/11/2025 02/16/2025

Di has long been curious about neuroplasticity and our capacity for change. Her personal mindfulness practice has included Feldenkrais awareness through movement for over thirty years and mindfulness meditation for over thirteen years, including a number of Silent Insight Meditation retreats. She trained as an MBSR teacher with Openground in Melbourne in 2007, and has facilitated several MBSR courses. She completed her Professional Feldenkrais Training in London in 1991, has taught numerous awareness through movement classes, and incorporates Feldenkrais in her MBSR teaching.

**Elaine Retholtz****New York, NY**[New York Insight Meditation Center](#)**Start:** 01/22/2025 01/28/2025

I am an acupuncturist and meditation teacher living in New York City. I have been practicing acupuncture since 1992 and meditating since the 60's. The more I worked with acupuncture clients, the more I began to see the value of sharing what I knew about mindfulness and the ways I myself had benefited from practice. Because of this, I undertook training to become a Mindfulness Based Stress Reduction Teacher as well as a Dharma Teacher. A bit more about each is below. I hope you'll take the time to read more about what I have to offer. I became interested in MBSR in 2004 after over a decade of practicing acupuncture and 16 years of dedicated meditation retreat and daily practice. What a powerful way to share the benefits of practice with clients and others! I was the first teacher in NYC certified by the Center for Mindfulness when I was certified in 2012. In 2009 I co-founded the NYC MBSR Teacher Collaborative. I have been certified by the UMass Center for Mindfulness and authorized by the Mindfulness Center at Brown University as an MBSR teacher trainer. I am part of the Mindfulness Training ~ US Collaborative as well as the Global Mindfulness Collaborative. It brings me great joy to be part of communities of dedicated practitioners and teacher trainers, and offering training and support to aspiring MBSR teachers is one of the most gratifying aspects of my work. I am a graduate of the third Spirit Rock Community Dharma Leaders Program, and I am on the Teachers Council of New York Insight Meditation Center.

**Erin Sharaf****Boston, MA**[UMass Memorial Health](#)**Start:** 01/22/2025

Erin has been teaching MBSR and other mindfulness-based interventions since 2009 and is a certified mindfulness teacher through the International Mindfulness Teachers Association (IMTA). A decade as a primary care provider taught her that tools to alleviate stress are crucial components to health. She enjoys delivering heartfelt applications of mindfulness and has created and taught programs for institutions like Boston Medical Center, Brigham and Women's Hospital and Warren Alpert Medical School at Brown University. Erin was the content creator for a mindfulness app for healthcare providers and has given mindfulness workshops and talks at national conferences like SXSW, The World Happiness Summit and the National Alliance for Charter Schools. She worked as a professor of health sciences and developed a university course called Mindfulness: Theory and Practice which was

rated in the top 5% of classes by students. She regularly attends retreats at Insight Meditation Society to deepen her own mindfulness practice. A former professional figure skater, Erin still loves skating, dancing, being out in nature, and working for a more peaceful and just world for all beings.

## Erin Woo

Providence, RI

### [Brown University](#)

Start: 01/21/2025

Erin develops and leads programs for K-12 educators interested in bringing mindfulness to their students. She works collaboratively with schools and school districts to design and offer programs that meet their specific needs. She works with teachers and schools to use mindfulness to transform the teaching experience in a way that teachers feel increased connection with their students, more clarity and vitality in their lessons, increased well-being, and a sense of presence. This embodied way of teaching spreads beyond the teaching of mindfulness into all areas of teaching. Erin is a Guiding Teacher in the Mindful Teacher Certification Program at Mindful Schools where she leads week-long retreats and works closely with several cohorts of teachers in cultivating their own mindfulness practice and learning how to skillfully bring it into their classroom settings. At NHTI Community College she is an adjunct professor of English and teaches a mindfulness-based communications course where students make exciting discoveries when they bring mindfulness to their communication habits. Erin leads weekly meditation groups in her community and online.

## Eva Tsuda

Boston, MA

### [UMass Memorial Health](#)

Start: 01/21/2025

Eva Tsuda Associate Professor, Program in Molecular Medicine, University of Massachusetts Chan Medical School. MD, Semmelweis Medical School, Budapest, Hungary, 1976 MBSR teacher training, Center for Mindfulness, UMass Chan Medical School, 2017, 2019 Eva Tsuda completed her medical studies in her native Hungary. She has a long career in academic research in immunology and virology. Based on her professional and life experiences she has an in-depth understanding of the physiological-medical consequences of every day stress on the health of individuals and populations. Eva has been practicing mindfulness meditation for 14 years, and brings her open-minded curiosity and love of life-long learning to teaching MBSR. Erin has been teaching MBSR and other mindfulness-based interventions since

2009 and is a certified mindfulness teacher through the International Mindfulness Teachers Association (IMTA). A decade as a primary care provider taught her that tools to alleviate stress are crucial components to health. She enjoys delivering heartfelt applications of mindfulness and has created and taught programs for institutions like Boston Medical Center, Brigham and Women's Hospital and Warren Alpert Medical School at Brown University.

## **Geri Wilimek**

**Bemidji, MN**

### [All about now...](#)

**Start:** 02/04/2025

Geri Wilimek has lived and worked in the Bemidji area since 1979. She began mindfulness practice in 2005 and is Certified MBSR Teacher trained at Brown University of Public Health and The Center for Mindfulness in Medicine Healthcare and Society at the U Mass Medical School.

## **Ginny Wholley**

**Boston, MA**

### [UMass Memorial Health](#)

**Start:** 01/21/2025

Ginny is a certified instructor of mindfulness-based programs, qualified by the University of Massachusetts Chan Medical School, Center for Mindfulness to instruct MBSR\* and certified by Brown Mindfulness Center, Brown University School of Public Health, and also a certified Kripalu yoga teacher. Ginny has a gift for creating learning environments that foster self-exploration and discovery. She finds joy in supporting individuals and communities in their self-reflective journey and transformation. For 20 years she has taught highly rated classes in meditation, yoga and contemplative practices in community organizations, schools, businesses, mental health organizations, and private studios. Ginny has 25 years of business management experience developing teams and leading them to succeed. She has an empathetic understanding of the unique stressors for corporate employees and the challenges of work life balance. Ginny is versed in creating organizational mindfulness and resiliency programs to support these challenges.

## **Heidi O'Donoghue**

**Salt Lake City, Utah**

### [University of Utah Health Care](#)

**Start:** 02/05/2025

I've had a keen interest in exploring the timeless teachings of yoga and meditation since young adulthood. My hope is to share these teachings to help cultivate more compassion and understanding for ourselves and others. I have been a registered

yoga teacher since 2002. My yoga teaching focuses on mindful yoga encouraging students to connect with their bodies and hearts in the present moment. I am a certified Mindfulness-based Stress Reduction teacher through Brown University Mindfulness Center. The rigorous training to become a certified MBSR teacher has led to a solid foundation of understanding and implementation of a mindfulness curriculum that promotes overall health and well-being.

## Helen Davis

**San Diego, CA**

### [UCSD Center for Mindfulness](#)

**Start:** 01/10/2025

Helen E. Davis, PhD, LMFT. is a licensed psychotherapist in group practice in Rancho Bernardo. Helen began her journey in meditation over 30 years ago. It transitioned to Mindfulness-Based Stress Reduction (MBSR) in 2013 when she took the 8-week MBSR class at UC San Diego Center for Mindfulness. She has completed the MBSR Teacher Training Intensive under the direction of Susan Woods, LICSW and Char Wilkins, LCSW and attended the Advance Teacher Training facilitated by Dr. Steven Hickman and Beth Mulligan, PA-C. Helen teaches mindfulness programs in her group practice and has incorporated mindfulness-based treatment for anxiety, emotion regulation, depression, trauma and self-esteem into her practice where she has worked as a therapist for over 23 years. Helen's intent and passion is to offer MBSR and mindfulness to help individuals with emotional and physical pain find greater peace, contentment and wellness. Helen is married to a wonderful man and they have one beautiful daughter.

## Ingrid Jolley

**Melbourne, AU**

### [Openground](#)

**Start:** 02/13/2025

Ingrid is a dedicated practitioner and teacher of mindfulness, meditation and yoga. She began practicing in 2001 which has inspired profound healing, growth and positive change within her life. She has a background in social work within the aged care, homelessness and disability sectors. In 2010 she had a career change and began working privately with individuals and groups using the practice of yoga therapy and meditation to empower them to live healthy and fulfilling lives. To compliment her work Ingrid went on to train as an MBSR teacher with the Mindfulness Training Institute - Australia and New Zealand. She is extremely passionate about teaching MBSR and loves to create a safe and welcoming space for people to connect with themselves, others and learn the wonderful practice of mindfulness.

**Jan Haworth****Epsom, AU****Mindfulness Aotearoa****Start:** 02/26/2025

Jan is a fully Certified Mindfulness Based Stress Reduction (MBSR) Teacher. She first came to mindfulness when undergoing cancer treatment and was offered mindfulness to help her cope with the physical, emotional and psychological stress and pain that comes with a serious illness. Jan soon found the benefits of mindfulness extended way beyond simply a coping strategy, and found it so life changing that she was inspired to become a teacher and share mindfulness with others. Since then, Jan has worked with staff in a range of organisations in the public and private sector, including various District Health Boards and corporate organisations. Alongside this, she runs MBSR courses for the general public, and has a particular interest in working with people coping with illnesses. Jan is a long time student of yoga, holds a psychology degree and has extensive knowledge and qualifications in positive psychology, health coaching and preventive health. She also developed a group course that provides knowledge, skills and support to help people move forward after cancer treatment in a positive and productive way.

**Janelle Mirabeau****Washington DC, DC****flow yoga center****Start:** 01/26/2025

Janelle Mirabeau, MSN, RN, CPHQ, CWMF, RYT-200, is a nurturing force in the realm of well-being, transitioning from a background in neurocritical care nursing to become a devoted advocate for the harmonious integration of yoga and meditation in healing. Her educational journey, encompassing undergraduate and graduate degrees from Swarthmore College, West Chester University, and the University of Pennsylvania, mirrors her holistic approach of both wellness and scientific understanding. A 200hr Registered Yoga Teacher from Flow Yoga Center, Certified Workplace Mindfulness Facilitator from Mindful Leader, and MBSR Teacher - Level 1 recognized by Brown University's School of Professional Studies, Janelle brings a rich tapestry of expertise to guide you on your path to well-being. Rooted in a dedication to creating sanctuaries for mindfulness, restorative yoga, and overall wellness, Janelle is passionate about helping you navigate life's complexities or deepen your connection with your authentic self. Join her in the pursuit of stillness, where each breath becomes a source of strength and transformation.

**Jannelle Geraghty****Coffs Harbour, AU**[Openground](#)**Start:** 02/16/2025

BA (Hons) Psychology, Registered Psychologist, Postgrad Cert Clinical Psychology; Level 1 IFS, MBSR/MBCT (MTIA), Dip Remedial Massage Jannelle has many years of experience in women's health, community mental health, education and in private practice. Jannelle completed her training with MTIA in 2019 and has facilitated MBSR in the community and offered mindfulness courses in the workplace. Jannelle has a heartfelt passion for the journey to wholeness and the connection to our Selves, each other and this sacred land in which we live. This includes her deep interest in mindfulness and meditation which has provided deep healing and personal growth in her own life. Jannelle is passionate about creating a compassionate, welcoming, and alive space for others to commence or enrich their mindfulness journey.

**Jerry Cambra****Danville, CA**[San Damiano Retreat](#)**Start:** 03/29/2025

Heart arrhythmia, anxiety, and a racing mind were my reward for 45 years of a driven, stressful lifestyle. I strived for perfection and accomplishment in everything I did and didn't count the cost. Medication did little to help, but Mindfulness Based Stress Reduction (MBSR) changed this. At first, I practiced MBSR to help with my arrhythmia and then it became important for focus, relaxation, and awareness. I teach MBSR so that others, especially those under 40, may learn to live more skillfully and with ease. Walking through life unaware means that we miss so many important things. I'm currently a Senior Certified MBSR Instructor which allows me to provide support for those seeking a better life. I trained with the UMass Center for Mindfulness, the birthplace of MBSR. Jon Kabat-Zinn, Saki Santorelli, Judson Brewer, Florence Melo-Meyer, and Bob Stahl are my foundational teachers.

**Jim Handlin****Metuchen, NJ**[Mindfulness-Based Stress Reduction Center of NJ](#)**Start:** 01/14/2025

Jim Handlin, Founding Member and Educational Consultant to the Mindfulness-Based Stress Reduction Center of NJ in Metuchen, NJ, has a doctorate from Columbia University in Educational Administration, as well as an advanced degree in Career and Counseling Psychology from the same institution. He is a classical languages scholar and well-published poet whose work has been chosen to be carved in marble alongside that of William Carlos Williams, Amiri Baraka and Walt Whit-

man in the New Jersey Transit area of Penn Station of New York City. In addition to being Certified by Jon Kabat-Zinn's and Saki Santorelli's Center for Mindfulness in Medicine, Health Care and Society at UMass Medical School, Dr. Jim Handlin has been a lifelong meditator and practitioner of yoga. His career as an educator has spanned his having been Head of the Upper School at the Pingry School in Martinsville, NJ (where he founded the longest running meditation program for high school students in the US), as well as Headmaster of the Rockland Country Day and Woodstock Day Schools over a 25 year career. Dr Handlin is also a gifted College Placement Specialist who has spent his life helping adolescents and adults develop their full potential. He has taught MBSR in numerous venues including at the Summit Medical Group in Berkeley Heights, NJ and at Robert Wood Johnson Medical School. He has been an extremely popular speaker and workshop leader for a number of organizations including the Adult Education program at the JCC Metrowest of NJ (where he returned repeatedly by popular demand), United Bank of Switzerland, and the Parents' Association at the Newark Academy in Livingston, NJ. In addition to teaching courses at the MBSR Center of NJ and teaching numerous private clients, Jim consults on mindfulness to the Metuchen School District, Lawrence Township School District, and the Freehold School District. Also, most recently he consults on mindfulness to several corporations including Bristol, Meyers, Squibb at their nine NJ locations.

## **Julie Forbes**

**San Francisco, CA**

### **Sutter Health**

**Start:** 01/28/2025

Julie Forbes offers stress reduction, mindfulness, and anger management programs to corporate and community organizations, groups, and individuals. She has been teaching a variety of classes at locations including the Palo Alto Medical Foundation, El Camino Hospital, Kaiser Permanente, and Avenidas Senior Center. She has worked in the computer industry since 1982 and received a doctorate in psychology in 1999. Awareness practices, including mindfulness meditation, constitute a foundation for the work that Julie facilitates and underlie her approach to helping people improve their quality of life. She began practicing meditation in 1985 and has completed professional training in Mindfulness-Based Stress Reduction with Jon Kabat-Zinn, Ph.D. and through the Stress Reduction Clinic at El Camino Hospital. She has been teaching Mindfulness-Based Stress Reduction programs since 1997.

**Julie Kosey****Durham, NC**[Duke Health](#)**Start:** 01/07/2025

Julie Kosey began teaching mindfulness more than 20 years ago after participating in one of the original Mindfulness-Based Stress Reduction (MBSR) professional

**Karen Haddon****Perth, AU**[Openground](#)**Start:** 02/11/2025

Karen Haddon is a compassionate and experienced mindfulness, compassion and yoga teacher with over 25 years of personal practice. Teaching evidence-based mindfulness, compassion and positive wellbeing programs since 2015, Karen combines her expertise in mindfulness with a genuine warm, compassionate and curious nature when engaging with participants in the programs she leads. In 2016, Karen established her own business, Mindful EAS, and also delivers programs on behalf of Openground Australian Centre for Mindfulness and Smiling Mind in W.A. As part of the Cancer Council WA Life Now Facilitator Team she leads mindfulness and meditation course for people affected by cancer and their caregivers. Additionally, Karen is currently engaged in a 12 month contract with Befriend Inc, where she focuses on developing, facilitating, and evaluating programs designed to empower individuals to engage with and enrich their communities. She is frequently approached by other organisations to deliver mindfulness programs or contribute to mindfulness course materials under their brands.

**Karen Schwisow****Seattle, WA**[Mindfulness Northwest](#)**Start:** 01/21/2025 01/22/2025

Karen Schwisow is a certified MBSR teacher through the Center for Mindfulness at the University of Massachusetts Medical Center and has completed Therapeutic Yoga Training through Subtle Yoga Asheville, NC. She co-created and serves as Director for the MBSR Teacher Training Program. She's been teaching yoga and meditation in hospitals, medical clinics, community and government organizations since 2005. Through compassionate listening, authenticity, and humor she creates a welcoming container that empowers participants to experience their own innate ability to thrive. For over a decade she has delighted in mentoring teachers as they develop their ability to support others in this profound work.

**Karen Waddell****Toronto, Canada****Mindfulness Dimensions****Start:** 01/28/2025 01/30/2025

After over 20 years as a professional actress, I felt called to teach this course myself. I first entered Social Work Studies, which would be a practical foundation towards the highly standardized teaching pathway program of Mindfulness-Based Stress Reduction (MBSR) through U of Mass Medical School, department of behavioural medicine. Eventually in 2021, after taking seven years of rigorous mindfulness study, I reached the lauded teacher designation of 'Certification' at Brown University (The Mindfulness Centre) in Providence, Rhode Island. I have taught countless participants in the the 8-week MBSR course since 2016. As a certified teacher of MBSR, I have found that I have arrived exactly where I was always meant to be: in the world of kindness, generosity and healing.

**Kasim Al-Mashat****Vancouver, Canada****Centre For Mindfulness Canada****Start:** 01/22/2025 01/23/2025

He is a Registered Psychologist and University of Massachusetts Certified MBSR Teacher and recognized Teacher Trainer by the Mindfulness Center at Brown University. He is the founder of Center For Mindfulness Canada, which is part of the Global Mindfulness Collaborative. Kasim has also completed a six-month meditation retreat in silence in Southeast Asia and presented a TEDx about mindfulness.

**Kate Skilbeck****Alfredton, AU****Practice for Mindful Living****Start:** 02/11/2025

Kate has been a student and practitioner of meditative practices for 38 years. She has completed a rigorous pathway of training through the Mindfulness Training Institute of Australia and New Zealand and is an internationally accredited and certified Mindfulness Teacher. She is affiliated with Openground, which is a leading mindfulness training institute in Australia and is globally respected. It is proud to be endorsed by Emeritus Professor Jon Kabat-Zinn, who developed MBSR at the University of Massachusetts Medical School in 1979. Kate is committed to applying evidence and mindfulness-based interventions in her work with individuals and groups. She finds great joy in working together with people to promote health and happiness.

**Katie Stoeckeler****Piermont, NY****Peace In Piermont****Start:** 01/06/2025

Raised in Ellenville, Katie moved to Piermont, New York in 2012 and opened Peace in Piermont (PiP) in 2019. At PiP, Katie teaches children, adults, and families ways of de-stressing and living in the present moment. After noticing the impact of her teachings and feeling inspired to share them with a broader audience, Katie began creating a book series. The Give Your Brain A Bath Book series aims to teach readers both the importance of practicing self-care and various methods of doing so to increase self-awareness and one's ability to self-regulate. So far, she's published three books: Let's Sit Down and Meditate, How Yoga Saved Christmas, and Let's Have an Attitude of Gratitude.

**Kim Ronaline****Toronto, Canada****Mindful Switch****Start:** 01/21/2025 01/31/2025

Kim is a Registered Psychotherapist (Qualifying) and Mindfulness Facilitator with over five years of experience in providing mental health support for youth, adults, and seniors experiencing depression, anxiety, isolation, burnout, and stress-related conditions. She utilizes evidence-based approaches, focusing on trauma-informed, and client-centred care. She holds certifications in Mindfulness-Based Cognitive Therapy (MBCT), Mindfulness-Based Stress Reduction (MBSR), and Mindful Self-Compassion (MSC) and has additional training in Dialectical Behavioural Therapy (DBT) and somatics. Kim comes to this work with a foundation in Clinical Psychology and experience as a psychologist in the Philippines working with diverse populations in university, clinic, and community settings. Currently, Kim is also a Community Program Lead at the Centre for Mindfulness Studies, where she develops and facilitates mindfulness programs, designing them based on the communities' needs. She also teaches professional development courses for mindfulness-based teachers-in-training. Her work extends internationally, partnering with organizations in the Philippines and China to make mental health support more accessible.

**Kimberly Carson****Portland, OR****OSHU****Start:** 02/19/2025

Thirty years ago when Kimberly took her first hatha yoga class, turiya, the state of pure Consciousness, spontaneously revealed itself. Since then Kimberly has dedicated her spiritual and professional life to deepening her clarity into this recognition,

and how the energies of consciousness can be cultivated and creatively expressed. Through working with groundbreaking research teams at UNC-Chapel Hill, Duke, and Oregon Health & Science University, Kimberly delved deeply into the health and wellbeing implications of mental and emotional energies. In the midst of her academic pursuits, Kimberly met Jim and was initiated by a spiritual master in a powerfully numinous dream and became a student of “light” in a powerfully numinous dream. Kimberly has continued to explore many realms of consciousness via the privilege of personal study with Michael Singer, Lee Lyon, and Joel Morwood, as well as immersion in the teachings of Ramana Maharshi and Nisargadatta Maharaj, and profound guidance from the subtle energetic realms. Together, Kimberly and Jim lead meditation retreats and spiritual practice groups focusing on the teachings and practices of the great mystical traditions. Kimberly serves as a mindfulness teacher and yoga therapist at Oregon Health & Science University, in Portland, OR. Clinically, she specializes in the therapeutic use and scientific study of mindfulness and yoga for people with medical challenges, with expertise in pain and cancer. Kimberly has taught Mindfulness-Based Stress Reduction for over 25 years and developed the Mindfulness Breath by Breath program offered three times weekly for 10 years at OHSU.

## **Laura Smallwood**

**Boston, MA**

### **East Coast Mindfulness**

**Start:** 02/01/2025

Laura trained with and is certified to teach in-person and online MBSR through East Coast Mindfulness. Prior to teaching MBSR, Laura was a veterinarian and veterinary practice owner with an interest in incorporating mindfulness into veterinary work. She continues to work with the veterinary community as a mindfulness teacher and is a regular guest on The Cairn Veterinary Podcast. Her interests include stress physiology, mindful communication, and the role that kindness and compassion practices can play in reducing empathic fatigue and burnout for veterinary workers. As an RYT-200 certified yoga teacher and a lifelong dancer, she is also interested in the ways that movement can be utilized to cultivate a deeper connection to embodied wisdom. In addition to teaching for East Coast Mindfulness, Laura is also a teacher with Atlanta Mindfulness, where she teaches MBSR and leads a weekly meditation community. Laura’s volunteer roles include serving as chair of the Georgia Veterinary Medical Association Wellness Committee, as president of the Atlanta Insight Meditation Community Board, and as a member of the Georgia Professional Health Program Board. Laura’s loves include the natural world, her family, preparing delicious food, and helping people connect with inner wisdom and joy.

**Libba Granger****Sydney, AU**[Openground](#)**Start:** 02/11/2025

Elizabeth (Libba) Granger is a psychotherapist who has been in private practice for over a decade as well as being a long term mindfulness practitioner, primarily in the Insight tradition. She has been teaching MBSR to the general public for 10 years and continues to be inspired by the changes that people make enhancing their own wellbeing and supporting ongoing personal growth. Prior to that she was a lawyer and because of this background, has also been passionate about bringing mindfulness into organisations and opening people to the best in themselves and their lives. She therefore also runs mindfulness programs in the corporate sector and brings to all her teaching a very down to earth manner with much warmth and a sense of humour. She practices in the Insight tradition - when she is not teaching mindfulness, surfing and wrangling her three delightful children. Libba teaches 8 week MBSR courses at Bondi Junction in Sydney and is the Director of Openground for Organisations and teaches tailored mindfulness programs and workshops in a wide range of organisations in the corporate, health, educational, government and community sectors.

**Lindsay Bridges****Charlotte, NC**[Charlotte Center for Mindfulness](#)**Start:** 01/30/2025

Lindsay became interested in mindfulness through her work as a Family Medicine physician where the link between healthy stress management and physical well-being was so clear. She trained extensively for teaching Mindfulness-Based Stress Reduction (MBSR) through the University of Massachusetts Medical School Center for Mindfulness, the original MBSR center founded by Jon Kabat-Zinn, and has completed their Teacher Certification for MBSR. She has been teaching MBSR in a variety of hospital and health professional training centers since 2002, and more recently, she has added work with youth and schools. She is a Mindful Schools Certified teacher. Mindfulness and meditation practices are an integral part of her daily life.

**Lisa Rigau****Dunmore, PA**[Health Lifestyle Management](#)**Start:** 03/19/2025

Lisa Rigau is a registered nurse, nutrition counselor, and community educator of health, wellness, mindfulness, and nutrition. She received her Bachelor of Science in Nursing from the University of Delaware. Lisa received her Master's degree from

Marywood University in Sports Nutrition and Exercise Science. Since 2003, she has been the owner of Healthy Lifestyle Management where she provides private and group nutrition counseling and educates clients on health promotion, disease prevention, mindful eating, mindfulness for stress management and whole foods plant based nutrition. Lisa works as a private contractor for the University of Scranton providing nutritional counseling for the athlete and non-athlete, and for students with disordered eating and eating disorders. She is a certified Mindful Eating-Conscious Living™ teacher & certified mentor through UC San Diego having trained directly with the creators of the program, Dr. Jan Chozen Bays MD and Char Wilkins LCSW. She is a certified teacher of Mindfulness Based Stress Reduction through Brown University's School of Professional Studies & The Mindfulness Center at the School of Public Health. Over the last eighteen years, she has taught numerous workshops and lectures, eight-week courses, team building retreats, and wellness programs. Her passion is to experientially teach health and wellness to support every individual's greatest health potential.

## **Lisette Atala**

**San Diego, CA**

### **UCSD Center for Mindfulness**

**Start:** 01/14/2025

Lisette Atala-Doocy is a Certified Mindfulness-Based Stress Reduction (MBSR) Instructor who also holds a Certification from The Mindfulness in Schools Education Project, a program originally from the UK. Furthermore, she received a Certificate of Attendance from the Omega Institute on Radical Acceptance: Pathway of Emotional Healing & Spiritual Freedom led by Tara Brach. She is Co-Founder of the Bilingual Center for Mindfulness, which promotes mindfulness courses in Spanish and English. Lisette's strong conviction about the benefits and power of mindfulness practice has inspired her to passionately promote these techniques within our community. She has been teaching MBSR, Mindful Yoga and Mindful Living in Spanish and English for several years in the San Diego – Baja California regions. The mindfulness programs she has led in various institutions include the School of Medicine, Baja California State University and a Scripps Clinic women's group. She has been spearheading a Mindful-Living group for more than six years. In addition to having practiced meditation for over 23 years, Lisette has also studied classical music and linguistics while making significant contributions to the San Diego art world over the course of many years.

**Lori Tuominen****Superior, WI**[University of Wisconsin](#)**Start:** 01/29/2025 03/05/2025

Lori has a Master of Science in Positive Organization Development and Change, along with Certificates in Appreciative Inquiry and Emotionally Intelligent Leadership & Executive Coaching; a Certificate in Positive Psychology from the Wholebeing Institute and Kripalu Center for Yoga & Health, and is an associate credentialed coach with the International Coach Federation. She recently completed a certificate as an End-of-Life Doula from the University of Vermont Medical School. She is a Level 2 teacher of MBSR through the Mindfulness Center at Brown University, where she is finishing her Certification.

**Lynn Koerbel****Providence, RI**[Brown University](#)**Start:** 01/22/2025

Lynn Koerbel serves as the Assistant Director of MBSR Teacher Training and Curricula Development at the Mindfulness Center at Brown. She oversees the MBSR teacher-training pathway and other Mindfulness-Based Program curricula. She began meditation in 1986, studying in the non-dual tradition of Kashmir Shaivism. In 2004, interested in reaching those who might best be served by an evidence-based approach, she began teacher training in MBSR. She began meditation in 1986, studying in the non-dual tradition of Kashmir Shaivism. In 2004, interested in reaching those who might best be served by an evidence-based approach, she began teacher training in MBSR. Lynn Koerbel currently serves on the working committee of the International Mindfulness Integrity Network, a global initiative establishing international standards for MBP teacher training. Her publications include "Mindfulness-Based Stress Reduction Workbook for Anxiety," (2013) Meleo-Meyer, F., Stahl, B., and Koerbel, L., New Harbinger press and "The suitability of mindfulness-based stress reduction for chronic hepatitis C." J Holist Nurs 25(4): 265-274; pgs 275-277. Koerbel, L. S. and D. M. Zucker (2007).

**Lynn Smith****Knoxville, TN**[Caroline Mindfulness](#)**Start:** 01/16/2025

Lynn Smith is a Licensed Clinical Social Worker specializing in EMDR therapy, and the Founder and Director of The Center for Mindfulness, LLC at Mind Body Knox. She is a graduate of the University of Tennessee and holds a Master of Science in Clinical Social Work with over 20 years of experience in counseling and social work. Lynn has

12+ years of experience as a trauma therapist specializing in Eye Movement Desensitization Reprocessing (EMDR), an evidence-based treatment and comprehensive therapy. She is an EMDR Institute Facilitator, and EMDRIA Certified EMDR Therapist and Approved Consultant. Lynn currently serves as the Co-Coordinator and Approved Consultant for the East Tennessee Trauma Recovery Network, part of the EMDR Humanitarian Assistance Program. Utilizing a combination of evidence-based treatments, Lynn has had vast experience working with individuals to reduce stress, heal from trauma, and enhance quality of life both personally and professionally.

## Maile Wicklander

Chicago, IL

### Tula Yoga Studio

**Start:** 01/26/2025    01/28/2025    01/31/2025

Born and raised in Central California, I came to Chicago from San Francisco for an MA degree in Psychology in 1999 and fell in love with the city, the people, and the snow! After also falling in love with an amazing person, I got married, had 2 children and settled in Logan Square. During the few years I spent as full-time mother, I discovered yoga. I was drawn to it as way to reconnect with who I am as a person, not just the various roles that I played in my life. I was also drawn to the quiet reflection and the turning-inward that yoga encouraged. In 2011, I felt a calling to open a yoga studio in my beloved neighborhood. I took a leap, found the perfect space and worked hard to make Tula a reality. I purposely chose not to pursue a yoga teacher's certification or training program before opening the studio because I wanted to make sure that I built the studio through the beginner's mind of a student, still open to many ideas and interpretations. In March of 2020, I felt a calling to teach this wonderful practice. I completed my 200-hour training with Tula Yoga Studio (under the exceptional tutelage of our Tula teaching team). In August 2023, I completed a 500-hour SomaYoga (Somatics + Yoga) Teacher training with Yoga North Duluth. I also earned a Mindfulness-Based Stress Reduction (MBSR) Level 1 Teaching Certificate with Brown University and offer MBSR sessions throughout the year and meditations sessions weekly. I am extensively trained in trauma-recovery through yoga, somatics and mindful meditation. I teach gentle, slow and mindful movements. My classes are trauma-sensitive, highly accessible and infused with underlying yoga philosophy and ethics. You may find elements of qigong, pilates, somatics, physical therapy exercises and functional movements interwoven with traditional yoga postures. I combine these movements with pranayama, mudras, meditation and mantra/intention to create well-balanced and experiential classes. They are designed to increase flexibility, strengthen the body and add stability to everyday movements. I also aim to cultivate curiosity, increase one's interoception, emotional regulation and contemplative skills.

**Mariann Johnson****South Eagan, MN**[University of Minnesota Bakken Center](#)**Start:** 01/11/2025

Before dedicating her professional life to teaching mindfulness, Mariann was an accomplished organization development consultant and mediator, having worked extensively with national leaders of Fortune 500 companies, government agencies and nonprofit organizations. Since 2011, she has designed and taught mindfulness programs throughout the United States and consulted on the design of Mindful Leadership and mindfulness at work programs in corporate, professional and academic settings. Highlights include: From 2017-2019, helped to successfully establish Moment Health, a UnitedHealth Group (UHG) Ventures program, providing evidence-based mindfulness training to address the unique resiliency needs of healthcare providers, UHG's international employees and its members. She served as the senior instructor for the Institute for Mindful Leadership from 2011 to 2016. As lead instructor and design consultant, helped to navigate a General Mills-exclusive leadership program to become a highly-acclaimed, international leadership institute. Mariann currently serves as a Mindfulness and Wellbeing Instructor for the Bakken Center. Prior to joining the Center as a staff instructor, she helped establish the Center's Mindfulness at Work program and was a member of the Mindful-Based Stress Reduction (MBSR) instructor team. Mariann also served as the Center's MBSR instructor for research projects including, "Meditation Interventions for Treatment of PTSD in Veterans." Research findings from this mindfulness study were reported in the August 2015 Journal of the American Medical Association. Mariann has practiced mindfulness meditation for over 25 years and has studied with national and international leaders in the field. She completed extensive Mindfulness-Based Stress Reduction (MBSR) training through the Center for Mindfulness at the University of Massachusetts, founded by Jon Kabat-Zinn. She received her MBSR Teacher Certification designation from Brown University's Mindfulness Center and is included on the Center's Registry of Certified MBSR Teachers, representing an international community of teachers and leaders in the field of MBSR and mindfulness. Her writings on mindful leadership have appeared in the Huffington Post and Mindful Magazine.

**Mark Dannenfelser****Atlanta, GA**[Mindfulness Center of Atlanta](#)**Start:** 01/14/2025

Mark Dannenfelser, MA, LPC is Founding Director of the Mindfulness Center of Atlanta. He is a Certified MBSR Teacher (Center for Mindfulness at the University of Massachusetts Medical School), a Licensed Professional Counselor (LPC-GA), a Cer-

tified Spiritual Director (Spring Hill College), and a Registered Yoga Teacher (RYT-200). Mark is Adjunct Lecturer in the Graduate Theology program at Spring Hill College and is the Contemplative Outreach commissioned presenter of the Centering Prayer method for the Aquinas Center of Theology at Emory University. ([www.MindfulnessCenterAtlanta.com](http://www.MindfulnessCenterAtlanta.com)).

## Mary McIntyre

**Brisbane, AU**

[Openground](#)

**Start:** 02/11/2025

Mary's encounter with regular meditation practice began in earnest in 1989. She initially attended retreats in France in the Vietnamese Mahayana tradition (Thich Nhat Hanh) where she took lay ordination in 1995. Subsequently Mary moved from Europe to Sri Lanka for seven years where she explored traditional Theravadan and Western Insight traditions before emigrating to Australia in 2003. She is motivated by various Insight style retreats including open, spacious style practices such as Reflective Meditation (Linda Modaro) which continues to inspire her. Mary is passionate about good therapy, human metamorphosis, post traumatic growth and various modalities of healing. She works 1-1 in private practice as a counsellor/psychotherapist based in Brisbane where she also leads MBSR and offers ongoing mentoring supervision to new meditation teachers.

## Maya McNeilly

**Cary, NC**

[Duke Health](#)

**Start:** 01/09/2025

Dr. McNeilly is a licensed clinical and health psychologist with 30+ years of clinical practice in integrative and mindfulness-based psychotherapy; research, and teaching as former full time faculty at Duke University Medical Center Department of Psychiatry. Her research is published in scientific journals including the Journal of the American Medical Association, the Journal of Clinical and Consulting Psychology, Psychophysiology, and others. Dr. McNeilly has also served as faculty for the North Carolina Foundation for Alcohol and Drug Studies teaching mindfulness for recovery and relapse prevention, and helps corporations integrate mindfulness into the workplace. She is currently an instructor at the Duke Integrative Medicine Mindfulness Based Stress Reduction Program where she teaches foundation and graduate classes, and has co-facilitated the Mindfulness Training for Professionals at Duke with Dr. Jeffrey Brantley, founder of the Mindfulness Based Stress Reduction Program. Dr. McNeilly has practiced meditation since childhood in a variety of traditions, including Buddhist, Christian Contemplative Prayer, and Jewish, with te-

achers in the U.S., Tibet and Nepal, and elsewhere. She is a member of the American Psychological Association and the North Carolina Psychological Association.

## **Megan Prager**

**San Diego, CA**

### [UCSD Center for Mindfulness](#)

**Start:** 01/16/2025

Megan Prager is the Compassion Programs Director at UC San Diego Center for Mindfulness and Co-Founder of Mindful Labs . Megan is a Certified Mindfulness-Based Stress Reduction Instructor (MBSR), a Certified Mindful Self-Compassion Instructor (MSC), a Certified Compassion Cultivation Instructor (CCT), an Adjunct Faculty member at San Diego State University, and a Lecturer at UC San Diego Rady Business School. She is also a Teacher Trainer and Mentor for the UC San Diego Mindfulness Based Professional Training Institute and for the Center for Mindful Self-Compassion. In addition to teaching Mindfulness-based programs, Megan specializes in developing and delivering mindfulness and compassion trainings for Fortune 500 companies as well as for educational, healthcare, and academic settings. She is currently collaborating with Universities to establish and instruct Mindfulness and Compassion courses at the collegiate level. In all her ventures, Megan's passion and mission are the same: to empower individuals with an understanding of the important role they play in shaping their lives and well being. Megan believes through compassionate awareness individuals are able to utilize one of the best resources they have: themselves.

## **Merra Young**

**Minneapolis, MN**

### [University of Minnesota Bakken Center](#)

**Start:** 02/06/2025

I began my journey with meditation and yoga practice about 40 years ago while in graduate school . I moved to the Twin Cities shortly after an independent study at a local meditation center that transformed my life.

## **Michael O'Neal**

**Minneapolis, MN**

### [Compassionate Ocean Zen Center](#)

**Start:** 01/21/2025

Michael O'Neal is a Guiding Teacher of Compassionate Ocean Zen Center. He has taught mindfulness and meditation for over 25 years. He practiced for many years with Dainin Katagiri Roshi at the Minnesota Zen Meditation Center and Hokyo-ji Zen Monastery. He has also practiced with Thich Nhat Hanh in France and the United States, and completed a training for professionals with Jon Kabat-Zinn. Michael is a Zen priest.

**Natasha Korshak****Tucson, AZ****Sol Center****Start:** 01/21/2025

Your MBSR Instructor, Natasha Korshak is the founder of the Mindfulness & MBSR Programs' of Tucson and the Sol Center. She is a long time teacher of yoga, meditation, mindfulness and MBSR and is the former Director of Mindfulness Education for Miraval: Life in Balance Resort. In this unique role, she helped to design and deliver mindfulness programs for guests, staff, and the local community; she was also privileged to speak about the benefits of mindfulness to national audiences. She has completed professional training at the Center for Mindfulness in Medicine, Health Care and Society and continues to study & practice related mindfulness, meditation, and inquiry methods.

**Padma Fanning****Bethlehem, PA****StLukes University Health Network****Start:** 01/13/2025

Padma Fanning is a certified MBSR teacher who has taught mindfulness for over 20 years in the UK and the US.

**Parmjit Singh****Toronto, Canada****Parmjit Singh****Start:** 01/21/2025

DR. PARMJIT SINGH is Assistant Clinical Professor with Department of Family Medicine at McMaster University and has a PhD in psychology. He has Clinical Training in Mind-Body Medicine from Harvard Medical School, Boston, USA and has participated in an intensive retreat on Mindfulness-based Stress Reduction (MBSR) in mind-body medicine under the direction of Drs. Jon Kabat-Zinn and Saki Santorelli. He has completed the live activity of Promoting Mindful Practice in Medical Education and Practice hosted by the University of Rochester School of Medicine and Dentistry, USA.

**Paul Sugar****Scottsdale, AZ****Scottsdale Institute Center for Mindfulness** **Start:** 01/08/2025

Paul is the founder and Director of the Scottsdale Institute for Health and Medicine Center for Mindfulness. Paul completed the advanced Mindfulness Based Stress Reduction (MBSR) teacher training in 1994 at the Center for Mindfulness pioneered by Jon Kabat-Zinn at the University of Massachusetts Medical School and is a

Certified MBSR instructor through the Mindfulness Based Professional Training Institute at the University of California San Diego. In addition, he is a Mentor for the MBSR certification candidates there. Paul is also a mentor for MBSR certification at The Center for Mindfulness Studies in Toronto, Canada. He has taught over 100- 8 week Mindfulness Based Stress Reduction(MBSR) and Mindfulness Based Cognitive Therapy (MBCT) programs and has delivered hundreds of mindfulness based workshops and retreats for over 25 years. Paul also teaches mindfulness based Relapse Prevention for Addictive Behaviors(MBRP). He has taught mindfulness in the health care, business, schools, sports, and private sectors. Paul has been practicing and teaching meditation, yoga, and tai chi for over 45 years. Paul's MBSR classes offer Social Workers, Psychologists, Marriage and Family Therapists, Licensed Professional Counselors, Nurses, Acupuncturists, and Massage and Bodyworker CE. Continuing education credits are also accepted by a number of other professional organizations. In 1998 Paul created the Attention Academy school program which became a seminal study for the development of mindfulness in the schools. Paul continues his work with children as a Board of Directors member at [www.innerexplorer.org](http://www.innerexplorer.org) He has also spearheaded a number of mindfulness based research studies in the healthcare field.

## **Paula Huffman**

**Chapel Hill, NC**

### **UNC School of Medicine**

**Start:** 01/21/2025 01/24/2025

Paula has worked as a Health and Education services professional for over 40 years. Her experience in providing wellness services to both patients and students is vast. In addition, she has taught with UNC's Program on Integrative Medicine and Mindfulness program for 13 years.

## **Rebecca Eldridge**

**Boston, MA**

### **East Coast Mindfulness**

**Start:** 01/28/2025

Rebecca Eldridge studies, practices meditation, and teaches under the guidance, deep caring, and encouragement of her teacher, Pema Chödrön. She completed her MBSR teacher training through the Center for Mindfulness (CFM) at UMass Medical School, where she also served as an MBSR teacher and teacher trainer, designing and teaching the CFM's first online Fundamentals training for MBSR teacher-s-in-training. She served as a one-to-one mentor for MBSR teacher trainees at the CFM and performed certification reviews at the conclusion of an MBSR teacher's formal training. Rebecca is one of a limited number of MBSR teacher trainers cer-

tified as a calibrated rater for assessing MBSR teaching, and is a member of the International Mindfulness Integrity Network, a worldwide group of teacher trainers exploring ethics and standards of mindfulness training programs.

## Riitta Rutanen Whaley

Raleigh, NC

[Duke Health](#)

**Start:** 01/08/2025

Riitta H Rutanen Whaley's meditation journey began in 1987, with four months of yoga and meditation training at the Himalayan Institute in the US and India, and she has maintained a regular practice since then. She completed three professional Mindfulness-Based Stress Reduction (MBSR) intensives from University of Massachusetts Medical School's Center for Mindfulness (by Jon Kabat-Zinn and others); Mindfulness Yoga Teacher Training by Zen Buddhist teacher Frank Jude Boccio; and numerous silent meditation retreats. Since 2011 Riitta has taught mindfulness classes and workshops at Duke Integrative Medicine and produced mindfulness practice CDs. As the founder of Yoga for Life LLC, Riitta's work is informed by her intensive yoga therapy training at Krishnamacharya Yoga Mandiram (India), Himalayan Institute (USA), and Auroville (India). Her expertise includes yoga for cancer patients, yoga for seniors, eye relaxation, and mindfulness training for children. Currently residing in the U.S., Riitta has also lived and worked in Europe, South Asia, and the Middle East, serving in various capacities, including as a technical officer of various governmental and international organizations.

## Ron Vereen

Raleigh, NC

[Duke Health](#)

**Start:** 01/06/2025

Ron Vereen is a board-certified psychiatrist, psychotherapist, and certified group psychotherapist in private practice in Durham and Consulting Associate in the Department of Psychiatry at Duke University. Having practiced mindfulness since 1992, he began teaching this to others in 1999 as an instructor in the Mindfulness-Based Stress Reduction Program at Duke Integrative Medicine, as well as integrating mindfulness principles into his psychotherapy practice. He applies a mindfulness-informed approach to individual and group therapy modalities in the treatment of a variety of difficulties including anxiety, addictions, mood and personality disorders, being interested in the integration of Eastern traditions and Western psychology. In 2009 he co-founded the Triangle Insight Meditation Community where he teaches mindfulness and leads various related activities including meditation classes, study groups, and both day-long and weekend meditation retreats.

**Rosalie Does****London, UK**[The Mindfulness Project](#)**Start:** 02/11/2025

Rosalie has practiced meditation and yoga since 1993. She completed a five-year master's degree in Teaching Mindfulness Based Approaches at Bangor University in 2011, with distinction. She was awarded a prize for being top performing masters student of her year. She now spends her time teaching mindfulness-based programmes, supervising trainees, new and experienced mindfulness teachers, mentoring meditators and offering training with The Mindfulness Network CIC and further afield in Europe. She is an Insight Dialogue meditation teacher and teaches retreats internationally as well as teaching the Interpersonal Mindfulness programme. She is a certified Focusing practitioner and Work That Reconnects facilitator.

**Ruchiraketu****Cambridge, UK**[Cambridge buddhist centre](#)**Start:** 01/22/2025

Ruchiraketu has decades of meditation and Buddhism teaching experience. He also holds a Masters in Mindfulness Based Approaches from Bangor University where he now teaches on the Masters programme.

**Ryan Kenny****Portland, OR**[Pause Meditation](#)**Start:** 02/02/2025 02/12/2025

Ryan founded Pause in 2015 with his partner Rena with a simple mission: to help people make space for what matters most. After years of struggling with social anxiety and ADHD, Ryan discovered the power of mindfulness to create the space he needed to transform his relationship with anxiety and work compassionately with his distracted mind.

**Seamus McMahon****Cork, Ireland**[Cork Mindfulness](#)**Start:** 01/29/2025

This course will be delivered by Seamus McMahon who is based in Crosshaven, Co. Cork. Seamus holds an MSc with distinction in Mindfulness Based Approaches from the Centre for Mindfulness Research and Practice, School of Psychology, Bangor University, Wales. He is an experienced teacher of Mindfulness and MBSR, and is a current registered full member of the Mindfulness Teachers Association of Ireland Mtai.ie. See testimonials from past course participants.

**Sherre DeLys****Sydney, AU****Openground****Start:** 02/14/2025

Sherre DeLys teaches mindfulness, focused on creativity and leadership.

**Stacy Digregorio****Tampa, FL****Tampa General Hospital****Start:** 01/14/2025

"I've been practicing yoga for more than 20 years and meditating for over a decade. I use mindfulness meditation, yoga, sound healing, and breathwork to guide people to connect fully with themselves. My compassionate approach is focused on helping others find ease in their lives. I turned to mindfulness meditation when I was looking to heal after big changes in my life. The moment I realized I was no longer experiencing the constant tension of anxiety in my belly was when I truly fell in love with the practice. As someone who has lived their whole life with ADHD, the sense of inner peace and calm I now have access to is transformative. It's a power I want to share with as many people as possible. When I'm not teaching, I'm hanging out with my husband and our 2 crazy dogs. I love discovering new music, drawing, kayaking, cooking for friends, and traveling the globe."

**Stan Eisenstein****Cabin John, MD****Insight Meditation Community of Washington** **Start:** 01/09/2025

Stan Eisenstein is a full IMCW teacher. He is the founder and teacher of the Columbia Sangha and co-teacher of the Baltimore Sangha. Stan is a mentor for Tara Branch's online courses, Power of Awareness, Awakening Your Fearless Heart, Conscious Loving, Radical Self-Acceptance, and the Mindfulness Meditation Teacher Certification Program. Stan has been teaching Mindfulness-Based Stress Reduction (MBSR) since 2013. He guides phone meditation daily for Telesangha. Stan has created and taught courses in Inviting Chronic Pain to Tea, Mindfulness for Teens, and Deepening Practice for MBSR Graduates. He regularly guides meditation retreats for IMCW. A former high school physics teacher, Stan has been meditating for over 30 years and has been practicing Insight Meditation since 2004. He has a master's degree in Social Work.

**Sunada Takagi****Arlington, MA****Mindful Purpose Coaching****Start:** 01/15/2025

I began meditating in the mid-1990s. At the time, I was involved in a stressful tech career and was also studying classical piano. My drivenness about both pursuits set the stage for a health disaster. The chronic physical pain and depression that resulted forced me to reconsider just about everything. Taking up meditation was part of that process. Now, 30 years later, it has grown into a way of life that touches everything I do. In 2004, I was ordained into the Triratna Buddhist Order. I founded and now co-lead the Boston Triratna Buddhist Community and teach at Aryaloka Buddhist Center. Coaching came as a natural part of teaching meditation. I received my training from the Institute for Professional Excellence in Coaching (iPEC) in 2008 and have been coaching individual clients ever since. I took on MBSR teacher training in 2011 when mindfulness began to gain acceptance in the mainstream and scientific communities. My training is with the Center for Mindfulness at the UMass Medical Center. I've now taught over 40 cycles of MBSR classes in the Boston area, and continue to offer them 2-3 times a year.

**Susan Curtis****Missoula, MT****Montana Mindfulness Institute****Start:** 01/12/2025

Susan Curtis has lived in Montana since 2000 where she practices primary care internal medicine with a uniquely holistic and integrative approach. She has developed and taught Mindfulness Based Stress Reduction programs at both the Missoula VA and Providence Saint Patrick hospital. Susan is an alumni of the University of Washington (undergraduate, medical school and medical residency) and still has a strong connection to the Pacific Northwest. Susan is also a trained life coach and integrates mindfulness and body awareness into coaching sessions to help people connect to their own deepest wisdom. She lives in Missoula, MT with her family. When not practicing medicine or teaching mindfulness, you can find Susan hanging out with her kids, backpacking in the mountains or knitting alpaca mittens.

**Susan Flanigan****Minneapolis, MN****University of Minnesota Bakken Center****Start:** 01/14/2025

As a nurse practitioner she worked in a Fairview family practice clinic for 25 years and Hazelden Center City treatment inpatient unit. She is board certified in Adult, Gerontology and Women's Health Care. During her time at Fairview she helped develop and manage the Fairview Lakes Women's Evening Clinic for preventive he-

alth exams and health education. An interest in health promotion and preventive health care was influenced by previous work in public health. Personal meditation and awareness practices led to becoming a Mindfulness Based Stress Reduction teacher. She is also working on integrating mindfulness tools in clinical practice in pain management, chronic illness, women's health and chemical dependency. In addition, Susan is leading workshops and retreats on stress management tools of mind, body and spirit healing. These programs were developed after a year long training on Trauma, Healing and Transformation through Capacitor. Susan completed extensive Mindfulness-Based Stress Reduction (MBSR) teacher training through the Center for Mindfulness at the University of Massachusetts, founded by Jon Kabat-Zinn. She received her MBSR Teacher Certification designation from Brown University's Mindfulness Center and is included on the Center's Registry of Certified MBSR Teachers, representing an international community of teachers and leaders in the field of MBSR and mindfulness.

## **Susan Williams**

**Oakville, Canada**

### **The Halton Centre**

**Start:** 02/26/2025

Dr. Williams created The Halton Centre over 20 years ago to serve the needs of the community. She has now handed over the directorship to her colleague, Dr. Paolo Mazzonetto, and continues to work at the centre. Dr. Williams has been helping clients for over 25 years with a wide variety of problems such as depression, grief, anxiety, stress, worrying, panic attacks, phobias, obsessive-compulsive disorder (OCD), social anxiety, Post Traumatic Stress Disorder (PTSD), and more. She also coaches parents to help children learn how to calm themselves when upset while also providing them with the support and connection they need. She works with children, teens, emerging adults, adults and couples. She uses leading-edge, research-based Cognitive Behaviour Therapy (CBT) techniques. She is a leading expert in Cognitive Behaviour Therapy (CBT) for depression and anxiety and trains clinicians across Canada in CBT. Susan is a Certified member of the Canadian Association of Cognitive and Behavioural Therapies (CACBT). She also incorporates mindfulness into her work with clients to help them live each moment in the present and worry less about the future and ruminate less about the past. She is 1 of only 15 teachers in Canada who have achieved Certification from the University of Massachusetts Medical Centre, to lead their world-famous Mindfulness-Based Stress Reduction (MBSR) course. Mindfulness and CBT are particularly effective for mood and anxiety difficulties as well as coping with illness and other stressors in life. Susan teaches mindfulness meditation to interested clients and continues to deepen her own practice and understanding of mindfulness meditation.

**Tim Burnett****Seattle, OR****Mindfulness Northwest****Start:** 01/12/2025 01/27/2025

Tim founded MIndfulness Northwest in 2011 with the hope of offering the transformational practices he'd learned as a student of Zen Buddhism much more widely to the community. He is a certified teacher of Mindfulness-Based Stress Reduction (MBSR), Mindful Self-Compassion (MSC), and Compassion Cultivation Training (CCT). Tim created our innovative Mindfulness Teacher Training Program in 2013 and co-created our MBSR Teacher Training Program in 2018. A meditator since his teenage years, Tim's background in traditional Dharma practice informs his mindfulness work. Ordained as a Soto Zen priest in 2000, he apprenticed with Zen teacher Zoketsu Norman Fischer and is the Guiding Teacher of Red Cedar Zen Community in Bellingham. Former jobs include educator, carpenter, software developer, and scientist. When not in the classroom, you might find him hiking, paddling, or birding.

**Tim Riley**

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**Penn State****Start:** 02/03/2025

Timothy D. Riley, MD, is an associate professor and the associate vice chair for wellness Department of Family and Community Medicine. He is passionate about caring for each patient as a whole person, teaching the next generation of physicians, and creating a workplace where clinicians can thrive. After learning how mindfulness can impact provider well-being and quality of care at the University of Rochester, he became a qualified Mindfulness-Based Stress Reduction teacher through the University of Massachusetts Center for Mindfulness.

**Toby Wiltshire****Leeds, UK****One Life Mindfulness****Start:** 01/22/2025

One Life Mindfulness offers 8 week mindfulness courses in person and online, throughout the year. The courses are delivered by Toby Wiltshire, a BAMBA registered mindfulness teacher who has trained with Mindfulness UK and The UK College of Mindfulness Meditation. Toby has practiced mindfulness for 18 years.

**Toral Livingston-Jha****Madison, WI**[UW Health](#)**Start:** 01/30/2025

Toral is a certified professional leadership and life coach who began practicing mindfulness meditation in 2006 to support her own life's challenges. In 2014 she began sharing these techniques with others and started teaching with UW Health in 2020. Through her work, Toral is committed to supporting individuals as they connect with their strengths, values, and possibilities. She is also passionate about creating supportive spaces and access to these practices for communities of color. Toral has received mindfulness teacher training through the UW Health Mindfulness Program and continues to receive training through the Center of Mindfulness at the University of California San Diego.

**Tracy Prowse**  
**Africa****Stellenbosch, South**[embodymind](#)**Start:** 01/28/2025

Tracy Prowse is a registered, practising physiotherapist and a mindfulness teacher, with a masters degree in Sports Physiotherapy and a post graduate certification in pain treatment. Tracy is passionate about wellness and wellbeing. Her work and life inspiration lies in her connection to nature and her quest to understand the mind-body-spirit connection. She completed her post graduate certification in Mindfulness Interventions through Stellenbosch University, Medical Science Faculty in 2021.

**Trinh Mai****Salt Lake City, Utah**[University of Utah Health Care](#)**Start:** 01/14/2025

TRINH MAI, LCSW is a social worker and a mindfulness teacher for the Office of Wellness & Integrative Health and the Resiliency Center, University of Utah Health. A qualified MBSR teacher through the UMASS Center for Mindfulness in Medicine, Healthcare, and Society, Trinh conducts classes and presentations on mindfulness and wellbeing for university employees, patients and community and corporate partners. Prior to this position, Trinh served as faculty in the College of Social Work at the University of Utah for 13 years, specializing in field education, reflexive practice and global social work.

**Valerie Galetto****Madison, WI****[UW Health](#)****Start:** 01/22/2025

Valeria Galetto is a certified Mindfulness-Based Stress Reduction (MBSR) teacher (certified by the Center for Mindfulness at the University of Massachusetts Medical School). She is a mindfulness instructor at the UCSF Osher Center for Integrative Health; an Adjunct Assistant Professor in the College of Nursing at Samuel Merritt University; and a facilitating teacher at the Barre Center for Buddhist Studies. She holds a Master's degree in Social Anthropology from the Universidad Iberoamericana in Mexico and a PhD in International Development from the University of Wisconsin-Madison.

**Wendy Weckstein****Traverse City, MI****[Northern Michigan Psychiatric Services](#)****Start:** 01/21/2025

Wendy Weckstein, P.T., M.Ed. is the Director of Wellness at Northern Michigan Psychiatric Services, PC. She is a Physical Therapist, Wellness Consultant, and a Certified Mindfulness Based Stress Reduction Teacher for Adults through Brown University. She is also certified in Mindfulness Based Stress Reduction for Teens (MBSR-T). In addition to teaching MBSR, Wendy provides health and wellness evaluations, customized wellness programming and an assortment of healthy living and mindfulness classes for teens and adults.

# MBSR PLAYBOOK

for DO-IT-YOURSELF WELL-BEING



MINDFULNESS-BASED STRESS REDUCTION (MBSR) TRAINING:  
ON YOUR OWN,  
ONLINE WITH [PALOUSEMINDFULNESS.COM](http://PALOUSEMINDFULNESS.COM)  
OR WITH A TEACHER-LED MBSR COURSE

EDITED BY ROBERT RICH

# 's MBSR Journey

YOUR NAME HERE

MBSR Course Information	
Organization	(Organization Offering Course)
Teacher	(Teacher)
Orientation	(Day, Date, Time)
Weekly Sessions	(Day, Time)
Retreat	(Day, Date, Time)

JOURNEY START:

JOURNEY END:

GOAL 1:

GOAL 2:

GOAL 3:

//

SIGNATURE

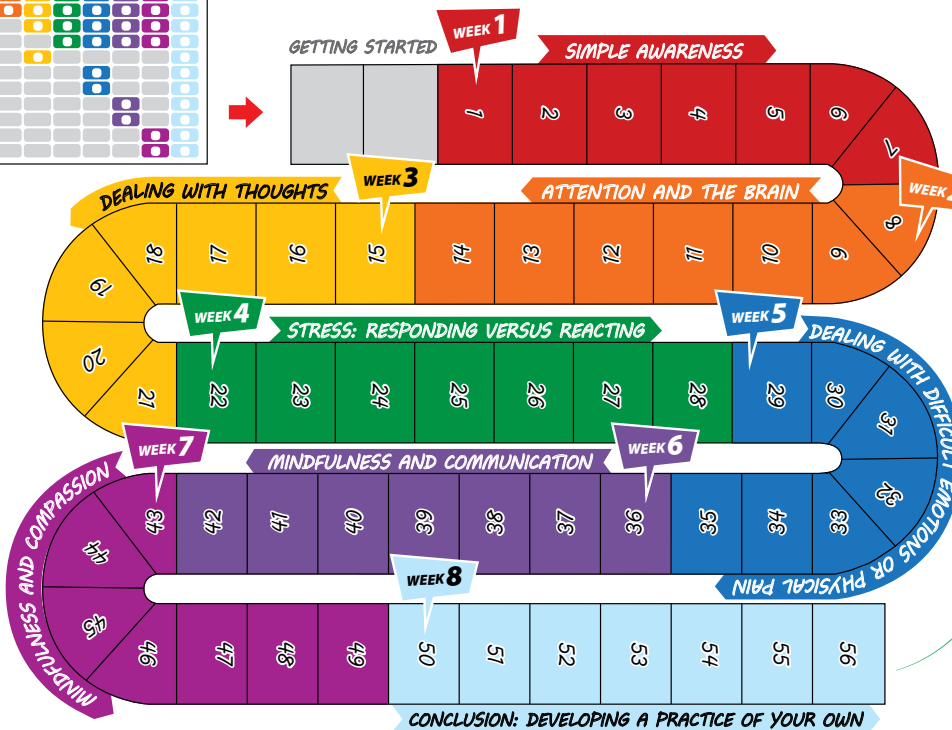
DATE

## MBSR JOURNEY MAP

MBSR PRACTICES BY WEEK							
PRACTICE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 8
P1 Sitting Meditation (Awareness of Breathing)							
P2 Body Scan							
P3 Mindful Yoga Lying-Down							
P4 Mindful Yoga Standing							
P5 Ten Mindful Movements							
P6 Meditation for Difficult Emotions							
P7 Meditation for Physical Pain							
P8 Mountain Meditation							
P9 Lake Meditation							
P10 Walking Meditation							
P11 Lovingkindness Meditation							

COMMON SITUATIONS PEOPLE START WITH

Anxiety  
Depression and Stress  
Quality of Life  
Chronic Pain  
Migraine Headaches  
Smoking Cessation  
Respiratory Disorders  
Heart Disease  
Cancer  
Diabetes  
Fibromyalgia  
Irritable Bowel Syndrome  
Multiple Sclerosis



WHAT PEOPLE SAY AFTER COMPLETING THE JOURNEY

"Feel Calm and In Control"  
"Turn Off Do React Cycle"  
"Calmer More Level Headed Grounded Happier"  
"Anxiety Decreases Tremendously"  
"Body Scan Is Powerful"  
"Less Afraid and Angry About Body Pain"  
"Anxiety Decreased Sleep Better"  
"Learned to Love Myself"  
"Feel More Connected to Life"  
"Forever Changed and Enhanced My Life"  
"Whole Perspective of Life Has Changed"  
"Deep Sense of Gratitude"

**MINDFULNESS-BASED STRESS REDUCTION (MBSR) TRAINING**  
8 WEEKS, 56 DAYS, 45 MINUTES EACH DAY, MINIMUM 6 OR 7 DAYS PER WEEK

# The Journey of Transformation

These steps for transformation were first described more than 40 years ago by Jon Kabat-Zinn at the UMass Medical Center in Worcester, Massachusetts. Now thousands of journal articles and scientifically validated research studies confirm – MBSR works for a wide variety of both physical disease and psychological disorders. The only thing standing in your way is making the commitment and completing the course practices. Many more people start the journey than finish for lots of different reasons.

This MBSR Playbook lays out in concrete and measurable practices what's proven to work. Like learning anything new, it's a process that requires an accumulation of effort and daily repetitive practice to be effective.

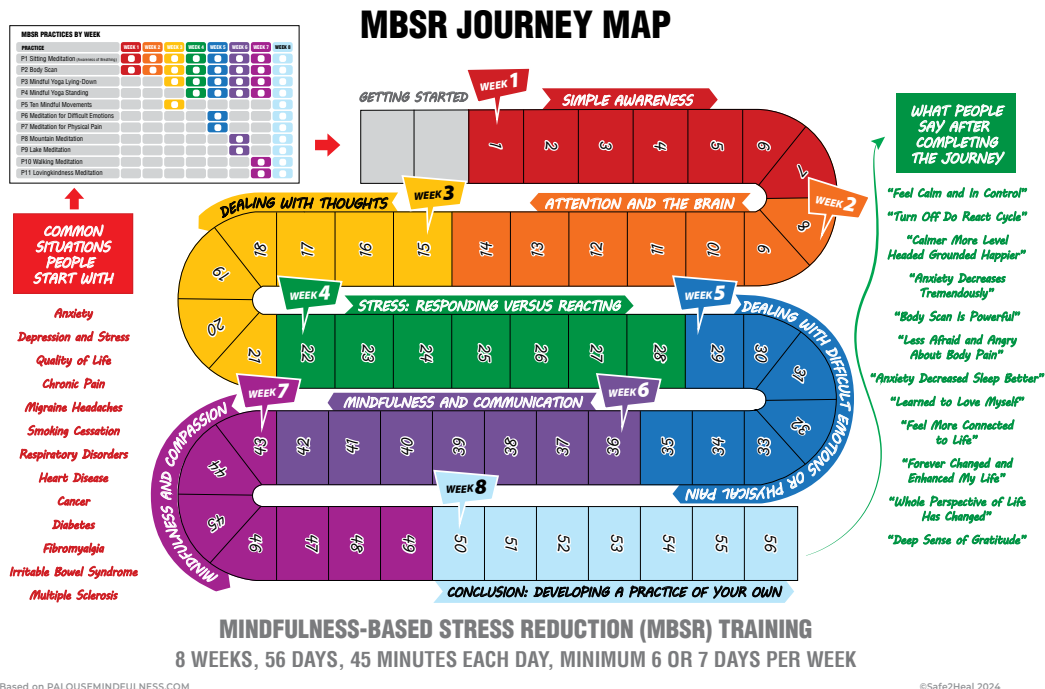
**Getting Started** means making a commitment to invest an hour a day over 8 weeks with an understanding that this is not easy. Deciding when and where to practice in a safe place is really important. Consider joining forces with other people going down exactly the same path through the Palouse Facebook and Zoom community. You may want to invite someone safe to join you from afar for built-in support as you both progress down the same path at the same time. Support is also built into MBSR courses led by certified instructors online and in-person.

**Simple Awareness** introduces mindfulness, meditation and awareness as capabilities all human beings have to better understand our moment-to-moment experience. Just like the weather outside, the weather inside changes constantly. Many of us live almost exclusively in our heads ruminating about the past and worrying about the future. The Body Scan provides a window into the automatic moment-to-moment functioning of our bodies. The informal practice helps us experience routine activities with “simple awareness”.

**Attention and The Brain** further develops ideas about intention, attention, attitude and awareness, the magic of neuroplasticity and introduces Sitting Meditation. The approximately 128 billion neurons in our brains change constantly just like the weather. Science now tells us we can use our attention and awareness to improve how our brain functions. The Pleasant Events Calendar focuses on simple awareness of positive experiences.

**Dealing with Thoughts** explores how thoughts are also like the weather. Thoughts are simply clouds that appear, move along, and then disappear back into the sky. After practicing for two weeks, perhaps you'll taste a natural awareness that's more like the sky than the weather. The Unpleasant Events Calendar encourages you to simply observe when unpleasant experiences arise. Yoga, even in a chair, is added to the mix of Body Scan and Sitting Meditation as you're exposed to new methods for well-being for your body, mind and spirit.

**Stress: Responding Versus Reacting** moves closer to the habitual subconscious reactive processing that science confirms causes our entire mind and body system to degrade and collapse over time. The part of our nervous system responsible for keeping us alive is literally freaked out in our modern world. Fight or flight (or freeze) over and over again triggered by subconscious threat processing that has already jumped from the snake before you realize it's a rope. STOP: One Minute Breathing Space introduces you to the magic of responding versus reacting. Yes, there is actually a space, measured in milli-seconds, where you do not automatically react to what arises but rather take a little pause to ask “Is this true?” before responding from awareness.



While the transformational path to well-being for all human beings is well known, the best combination of practices for each of us is different. You may even be excited with an intuition of what really works for you! The Playbook lays out two slightly different combinations of MBSR practices from the Curriculum and Palouse. The objective in both cases is for you to explore what works best, so please make any changes to the practice mix that feel right for you as you go - by simply writing them onto the day's formal practice record.

**Dealing with Difficult Emotions or Physical Pain** leverages all of your efforts and expanded capacity for attention and awareness. Turning towards unpleasant and painful experience may seem counterintuitive. Soften Soothe Allow and RAIN (Recognize, Allow, Investigate, Nourish) practices teach a process to surface, recognize and better understand our pain and suffering - without reacting. The heart of these practices is to gently surface the pain and then respond in some positive affirmative way (neuroplasticity!) when possible. Radical acceptance of whatever arises leads to responses created out of more awareness that in turn produce better outcomes.

**Mindfulness and Communication** moves attention to our relationships with other human beings. Listening and being heard. The communication calendar concentrates on interactions with other people, intention and outcomes, for you and from the other person's perspective. New Mountain and Lake meditations are introduced, and you're encouraged to focus on practices you find most productive, although it may still not be easy.

**Mindfulness and Compassion** brings our attention back to our relationship with our moment-to-moment experience, and how we treat ourselves. The informal practice encourages you to use all the methods and skills developed to have your life as it unfolds teach you how to respond to challenges and improve outcomes. At this point you may discover that you see things quite differently and nobody notices. Or perhaps you interact with someone you have not seen in a while and they say something like "What happened to you - I want some of that!" in a nice way.

The **Conclusion** of the course is the beginning of the rest of your life. Mindfulness, meditation and awareness become integrated into who you are. Your nervous system learns to reflect Clear and Sunny as the default setting for inside weather. This "awareness", to quote Dave Potter, "is a place from which one has the potential to openly experience all of what life offers, fully alive and fluidly responding without blind reactivity or pre-judgment". One hour a day for 8 weeks! Here's the map for your journey. Get Started!

# How to Use This Playbook

1. **Make a commitment** for at least 45 minutes every day to complete an MBSR course (42 hours over 8 weeks).
2. **Decide which MBSR course to take**; on your own with the curriculum, online with Palouse Mindfulness or with a teacher-led MBSR course.
3. **Consider the best place and time to practice every day**, as safely and undisturbed as possible.
4. **Complete the MBSR Journey page** opposite the inside cover. Enter goals, start date, MBSR course information if any, and sign.
5. **Each day; practice, record total minutes practicing, write comments and complete the informal practice logs.** The MBSR Formal Practice Record lists the recommended practices for each day and the YouTube names of the content guided by Jon Kabat-Zinn, Dave Potter and other teachers, all available for free. Go to <https://palousemindfulness.com/> to access the Palouse Mindfulness MBSR course. Make any changes or additions to your practices and measures as you go along.
6. **Rinse and repeat 5) 55 times - like your life depends on it!** Forgive yourself early and often. Laughing encouraged! Just keep at it and if you can - reserve all your judgments about the course until the end.
7. For extra credit keep track of cumulative minutes practicing and other Key Measures.

The *Mindfulness-Based Stress Reduction (MBSR) Authorized Curriculum Guide*, last revised in 2017, is the framework delivered by more than 1,000 certified teachers all around the world. Each teacher and program may approach the course a little differently, but the playbook aligns with the underlying MBSR curriculum, and can be used with teacher-led courses.

Palouse Mindfulness is a complete online, free version of MBSR developed by Dave Potter. Dave is a retired professional psychotherapist, certified in MBSR, who created this course as a labor of love based on a decade of teaching MBSR. More than six thousand people have completed Palouse and written Letters of Learning reflected on the MBSR Journey Map. The playbook includes all the Palouse worksheets (Getting Started, Formal Practices, Informal Practices, Mid-Way Assessment and Certificate of Completion). Please note that many people pause between weeks and complete the course more than 8 weeks from the start.

In 1990, after a decade of success with MBSR, Jon Kabat-Zinn published a full explanation of the program in *Full Catastrophe Living*. Each new week introduction in the playbook references the formal practice mix from the curriculum and the relevant FCL chapters in grey text. Please consider FCL as a manual for additional support.

Wholeness and connectedness are fundamental in our nature. Regardless of scars and suffering, intrinsic wholeness is still (and always) here. It will always be possible to transcend fragmentation, fear, vulnerability and insecurity, even despair, if you come to see differently. See with eyes of wholeness. Integrate mindfulness, meditation and awareness into your moment-to-moment experience. You'll see "Your Name Here" as the "Guide" as the course progresses. Jon Kabat-Zinn is very clear - this is all about you internalizing an expanded point of view grounded in awareness. In Jon's honor please check the "I'm Breathing!" icon each day of practice. There's always more right with us than wrong when we're breathing! The path shows the way, the teachers await, only you can learn how to cultivate peace, in your life, not as a final outcome, but as a constant expression of love that includes all the pain and despair.

Support is critical. Sometimes it's best to stop or ask for help. Please see Common Obstacles. The Crisis Hotlines page contains additional information. Palouse supports a Facebook Group and Meditations on Zoom. Attending a teacher led course where people share weekly is always a better option if possible.

One day at a time. Proven to work. Not easy. Have fun. Laugh often. Reach out for help when you need it. On your way!

# Getting Started in MBSR

This worksheet begins your MBSR journey. Actually writing your responses to these questions and those on the practice logs will help ground your practice and learnings in a way that would not be possible if you simply answered these questions in your head. In a way, this is the first mindfulness practice: being mindful of your intentions and commitment to the process you are about to begin. **NOTE: As you go through the course, you may take longer than a week for any given “week”, and that’s fine. Knowing how much time you need is, in itself, mindfulness.**

So, first, there is probably something that drew you to this program that made it seem like a good idea. For example, you may wake up in the middle of the night with worries and concerns that keep you from getting a good night’s sleep, or you may be dealing with health issues and you’ve heard that mindfulness can help you deal with them, or you may have trouble concentrating, or you may simply want to increase your ability to be present and fully engaged in life, to accept more fully yourself/others, just as you/they are.

**By the end of the course, I am hoping that:**

While there are things you hope that will get better, it is important to recognize positive aspects of yourself, because it is these things that form the base for any self-improvement. We tend to take for granted our own core strengths, so give yourself a few minutes to reflect on this. For instance, what would a good friend or close family member say that they appreciate about you?

**Some of my strengths are:**

Finding a specific time and place for your half-hour of daily practice is likely to be one of the most difficult hurdles, and writing down now when and where you’ll be doing your daily practice will help you to keep your promise to yourself to practice each day. People often choose to practice first thing in the morning, before roommates or family members are up and about, and others like the evening shortly before bedtime, or just after arriving home from work. Precisely when you practice is less important than having a set time and place, a time that you know you can practice without having to attend to the telephone or be responsive to others, and a place that is quiet and separate from others.

**When will I practice?** (Try to be concrete, e.g., 6:30am M-F, 7:30am Sat/Sun):

In addition, you will want to allow time each week for that week’s videos and readings. You could spread the videos and reading out during the week or you could do it all at once at the beginning of that week. If you do it all at once, the reading and the videos will take about two hours.

**The time & day of the week I will get ready for the coming week’s practice is:**

It can be very helpful to have support as you progress through the course. If you’d like to join one of the weekly **Zoom Meditation & Discussion meetings** ([palousemindfulness.com/zoom](https://palousemindfulness.com/zoom)) and/or the **Online Facebook group** ([palousemindfulness.com/facebook](https://palousemindfulness.com/facebook)), email this sheet to [team@palousemindfulness.com](mailto:team@palousemindfulness.com). For more information, see [palousemindfulness.com/community](https://palousemindfulness.com/community).

# WEEK 1

## Simple Awareness

# Palouse Practice Instructions

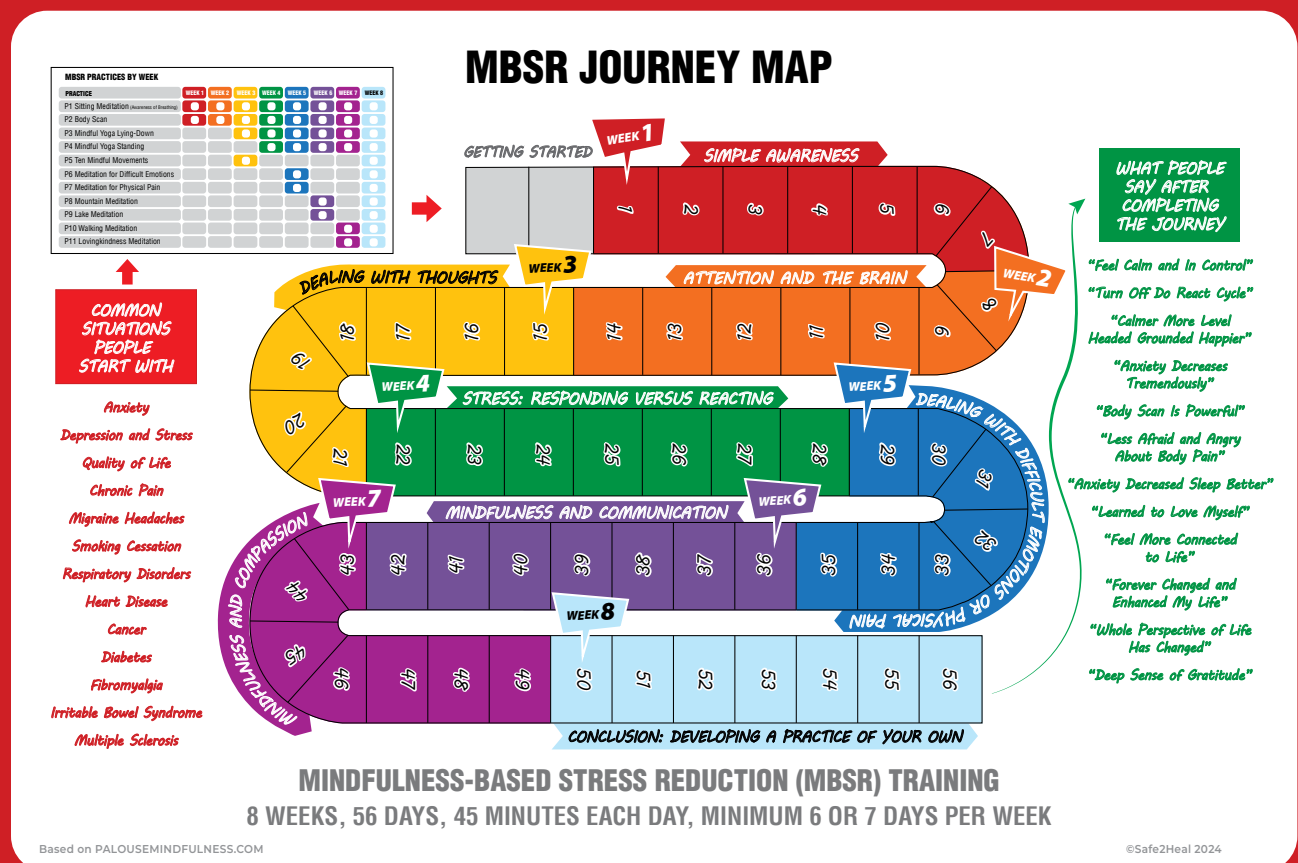
**FORMAL PRACTICE:** Read The Body Scan Meditation. **On the first day**, do the **Raisin Meditation** (have two raisins and a glass of water handy). **For the next five days**, do the **Body Scan**. Don't expect to feel anything in particular from these practices. In fact, give up all expectations about it. Just let your experience be your experience. The audio guidance for all the Practices, can be found in the left-hand menu of the online course (on a smartphone, tap the menu icon just under "Palouse" on the top banner).

**NOTE:** One of your six formal practices can be one of the live group meditations listed in the **Online Meditation** page.

Record on this form each time you do a practice. In the comment field, put just a few words to remind you of your impressions of that particular practice: what came up, how it felt, what you noticed in terms of physical sensations, emotions, thoughts, etc. **It's important to write the comments immediately after the practice because it will be hard to reconstruct later.**

Once you have done at least six days of practice and feel that you've gotten the essence of this "Week", you may go to the next week, although you can stay here longer if that feels right.

**INFORMAL PRACTICE:** Each day this week, see if you can bring mindful awareness to some otherwise routine activity and record it on the Informal Practice Log (Simple Awareness).



Simple Awareness introduces mindfulness, meditation and awareness as capabilities all human beings have to better understand our moment-to-moment experience. Just like the weather outside, the weather inside is constantly changing. Many of us live almost exclusively in our heads ruminating about the past and worrying about the future. The Body Scan provides a window into the automatic moment-to-moment functioning of our bodies. The informal practice helps us experience routine activities with “simple awareness”.

Think through when and where you'll practice. Everyone has different constraints, but the key is a safe place where you will not be disturbed. Find a time of day that works for you and those around you. First thing in the morning earlier than you're used to getting up is a good option. Try different combinations to see what works best. Just take one day at a time, complete the formal and informal practices as best you can. Rinse and repeat!

When we start exploring the Body Scan many of us have never tried to focus our attention inside ourselves in different areas of the body. In the body scan practice, your mind systematically sweeps through the body, starting at the toe of the left foot and moving slowly to the top of the head. Without moving a muscle, we can put our mind anywhere in the body we choose. Feel and be aware of whatever sensations are present. The basic pattern; body still, mind scanning with focused attention, sensations arising. Then attention moves to another part of the body.

Learn to hold sensations - without reacting. Holding sensations without judging them or reacting to them heals our view of the body, allowing sensations and conditions as they are in the present moment, in ways that no longer overwhelmingly erode the quality of life, even in the face of pain and disease.

In conventional reality “I” have a “body”. There is the “object”, the body with its sensations – and there is the “subject”, the perceiver of the sensations – the “subject”. Subject and object, an “I” and a “body”, appear separate and distinct from each other. This whole course is about something else, “awareness”. When the quality of attention is more affectionate, open hearted and interested, moments of pure perceiving arise spontaneously - awareness. Pure perceiving unifies apparent subject and apparent object in the experiencing itself. Awareness is larger than sensation and larger than self. Subject and object arise out of and dissolve into awareness, over and over again. See for yourself!

The body scan cultivates a deeper intimacy with bare sensation, opening to the give and take embedded in the reciprocity between the sensations themselves and our awareness of them. Awareness learns to let sensations be as they are, hold them without triggering strong emotions and inflamed thinking.

## 2017 MBSR Curriculum and FCL Practice Guidance

**Jon Kabat-Zinn, in Full Catastrophe Living (FCL), prescribes the Body Scan, for approximately 45 minutes a day, for the first two weeks, whether you like it or not! In addition to the body scan, practice mindfulness of breathing for ten minutes at some other time during the day.**


**Suggested reading in Full Catastrophe Living (FCL): Preface, Forward, Introduction, Chapter 1 - You Have Only Moments to Live, Chapter 2 - The Foundations of Mindfulness Practice: Attitudes and Commitment, Chapter 3 - The Power of Breathing: Your Unsuspected Ally in the Healing Process and Chapter 10 - Getting Started in the Practice.**


# WEEK 1


## Simple Awareness


### Weather Report


#### OUTSIDE



☐ Sunny



☐ Partly Sunny



☐ Partly Cloudy



☐ Sun & Rain



☐ Raining



☐ Thunderstorm



☐ Snowing


☐ Cloudy



☐ Windy



☐ Rainbow



☐ Tornado/Hurricane



☐ Clear


#### INSIDE



☐ Sunny



☐ Partly Sunny



☐ Partly Cloudy



☐ Sun & Rain



☐ Raining



☐ Thunderstorm



☐ Snowing


☐ Cloudy


☐ Windy


☐ Rainbow


☐ Tornado/Hurricane


☐ Clear

### MBSR Formal Practice Record

MBSR Path	Practice Number & Name		Guide	Min	YouTube Name	Practice Completed
Curriculum	P2	Body Scan	Jon Kabat-Zinn	45	Jon Kabat Zinn Body Scan Meditation GUIDED MEDITATION	<input type="checkbox"/>
Curriculum	P1	Sitting Meditation (Awareness of Breathing)	Jon Kabat-Zinn	10	Mindfulness of the Breath: Guided Meditation Practices (MBSR) by Jon Kabat Zinn	<input type="checkbox"/>
Palouse	P2	Body Scan	Dave Potter	32	MBSR Body Scan Meditation	<input type="checkbox"/>

Please check “I’m Breathing” and Practice(s) Completed.

Enter total minutes and time completed for M1 Minutes Practicing.

Write comments about your experience.

Optionally complete the Informal Practice Log, report on the weather, enter additional practices & measures.



M#	Measure Name	Measure Value	Time When Completed
1	Minutes Practicing	Minutes	



**I'm Breathing!**



**“** *The miracle is not to walk on water. The miracle is to walk on the green earth, dwelling deeply in the present moment, feeling fully alive.*”


## Thich Nhat Hanh


# WEEK 1


## Simple Awareness


### Weather Report


#### OUTSIDE



☐ Sunny



☐ Partly Sunny



☐ Partly Cloudy



☐ Sun & Rain



☐ Raining



☐ Thunderstorm



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#### INSIDE



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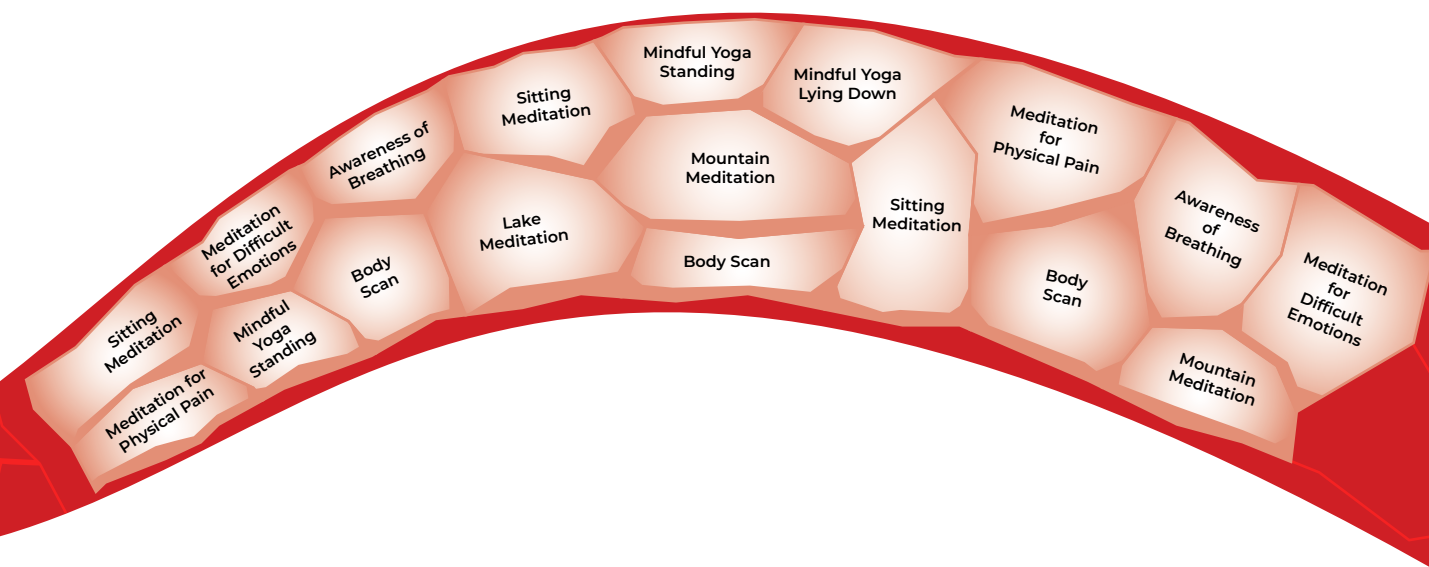
Optionally complete the Informal Practice Log, report on the weather, enter additional practices & measures.



M#	Measure Name	Measure Value	Time When Completed
1	Minutes Practicing	Minutes	



# I'm Breathing!



Comments:

**“** Community does not necessarily mean living face-to-face with others; rather, it means never losing the awareness that we are connected to each other.”


**Parker Palmer**


# WEEK 1


## Simple Awareness


### Weather Report


#### OUTSIDE



☐ Sunny



☐ Partly Sunny



☐ Partly Cloudy



☐ Sun & Rain



☐ Raining



☐ Thunderstorm



☐ Snowing


☐ Cloudy



☐ Windy



☐ Rainbow



☐ Tornado/Hurricane



☐ Clear


#### INSIDE



☐ Sunny



☐ Partly Sunny



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☐ Sun & Rain



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☐ Thunderstorm



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☐ Rainbow


☐ Tornado/Hurricane


☐ Clear

### MBSR Formal Practice Record

MBSR Path	Practice Number & Name		Guide	Min	YouTube Name	Practice Completed
Curriculum	P2	Body Scan	Jon Kabat-Zinn	45	Jon Kabat Zinn Body Scan Meditation GUIDED MEDITATION	<input type="checkbox"/>
Curriculum	P1	Sitting Meditation (Awareness of Breathing)	Jon Kabat-Zinn	10	Mindfulness of the Breath: Guided Meditation Practices (MBSR) by Jon Kabat Zinn	<input type="checkbox"/>
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Optionally complete the Informal Practice Log, report on the weather, enter additional practices & measures.



M#	Measure Name	Measure Value	Time When Completed
1	Minutes Practicing	Minutes	



# I'm Breathing!



**“** *Happiness is not found through changing our external world, but through changing our internal landscape.”*


**Shauna Shapiro**


# WEEK 1


## Simple Awareness


### Weather Report


#### OUTSIDE



☐ Sunny



☐ Partly Sunny



☐ Partly Cloudy



☐ Sun & Rain



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☐ Thunderstorm



☐ Snowing


☐ Cloudy


☐ Windy


☐ Rainbow


☐ Tornado/Hurricane


☐ Clear

### MBSR Formal Practice Record

MBSR Path	Practice Number & Name		Guide	Min	YouTube Name	Practice Completed
Curriculum	P2	Body Scan	Jon Kabat-Zinn	45	Jon Kabat Zinn Body Scan Meditation GUIDED MEDITATION	<input type="checkbox"/>
Curriculum	P1	Sitting Meditation (Awareness of Breathing)	Jon Kabat-Zinn	10	Mindfulness of the Breath: Guided Meditation Practices (MBSR) by Jon Kabat Zinn	<input type="checkbox"/>
Palouse	P2	Body Scan	Dave Potter	32	MBSR Body Scan Meditation	<input type="checkbox"/>

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Enter total minutes and time completed for M1 Minutes Practicing.

Write comments about your experience.

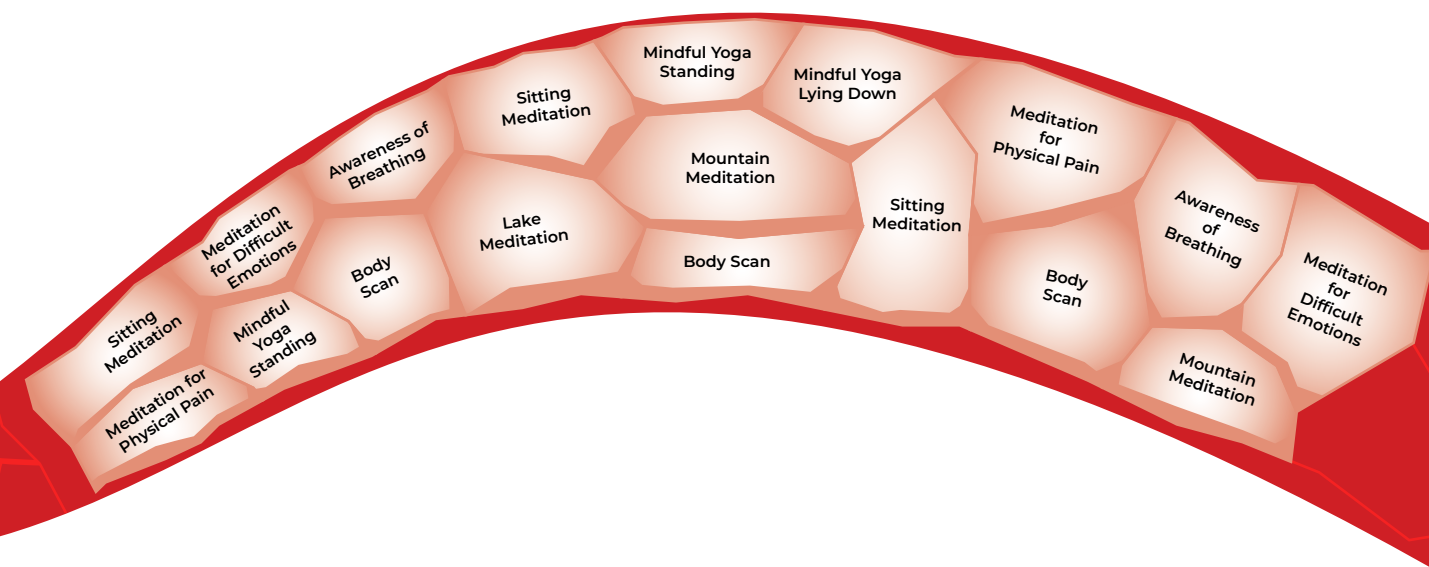
Optionally complete the Informal Practice Log, report on the weather, enter additional practices & measures.



M#	Measure Name	Measure Value	Time When Completed
1	Minutes Practicing	Minutes	



# I'm Breathing!



Comments:

“

Without the dark, we cannot see the light.  
Without the silence, we cannot hear the music.  
Without the possibility of its absence, we cannot feel the love."


## Lauren Fins


# WEEK 1


## Simple Awareness


### Weather Report


#### OUTSIDE



☐ Sunny



☐ Partly Sunny



☐ Partly Cloudy



☐ Sun & Rain



☐ Raining



☐ Thunderstorm



☐ Snowing


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M#	Measure Name	Measure Value	Time When Completed
1	Minutes Practicing	Minutes	



# I'm Breathing!



“

“Meditation practice isn't about trying to throw ourselves away and become something better. It's about befriending who we are already.”


## Pema Chodron


# WEEK 1


## Simple Awareness


### Weather Report


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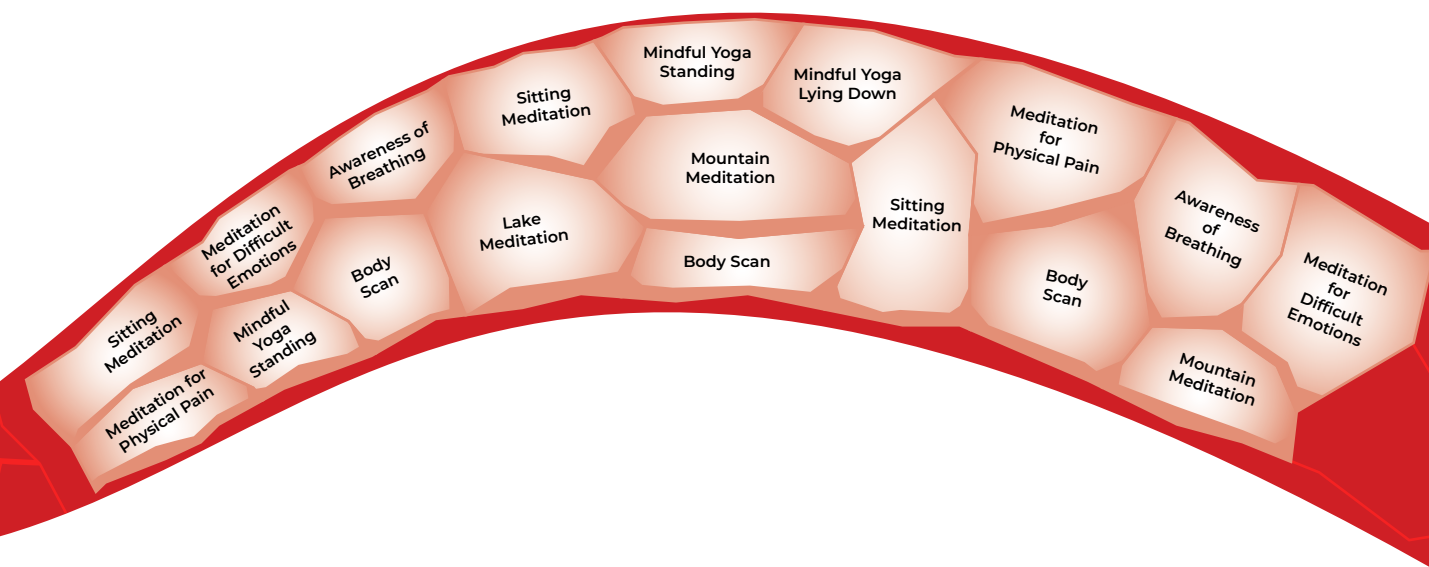
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M#	Measure Name	Measure Value	Time When Completed
1	Minutes Practicing	Minutes	



# I'm Breathing!



Comments:

“

**💡** *You are whole and also part of larger and larger circles of wholeness you may not even know about. You are never alone. And you already belong. You belong to humanity. You belong to life. You belong to this moment, this breath."*


Jon Kabat-Zinn


# WEEK 1


## Simple Awareness


### Weather Report


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1	Minutes Practicing	Minutes	



# I'm Breathing!



“

*Be kind, for everyone you meet is fighting a hard battle."*

Ian Maclaren

# Informal Practice Log

Each day this week, see if you can bring mindful awareness to some otherwise routine activity. For instance, washing the dishes, waiting in line, sitting in a boring meeting, walking from the car to your office. Remembering the raisin exercise, you could also use this as an opportunity to bring mindful awareness to eating, noting textures, smell, taste, touch, etc. Before you go to bed each night, see if you can recall at least one example of “simple awareness”.

What was the situation? Where were you, who were you with, what were you doing?	What feelings, thoughts, sensations did you notice before you decided to experience this mindfully?	What feelings, thoughts and sensations did you notice WHILE doing this mindfully?	What did you learn from doing this?	What feelings, thoughts and sensations are you noticing NOW as you write this?
Washing dishes after dinner.	I was feeling hurried, shoulders and stomach tense, thinking “I wish Chris hadn’t used so many dishes!”	I actually felt the warm water on my hands, enjoyed seeing the dishes sparkle, time seemed to stop for a moment.	Paying attention to physical sensations brings me into the here and now and a boring task becomes more interesting.	Feeling the support of the chair I’m sitting on, the feel of the pen, and feeling thankful that a long day is over.

EXAMPLE

DAY 1

DAY 2


DAY  
3

DAY  
4

DAY  
5

DAY  
6

DAY  
7

# WEEK 2

## Attention and The Brain

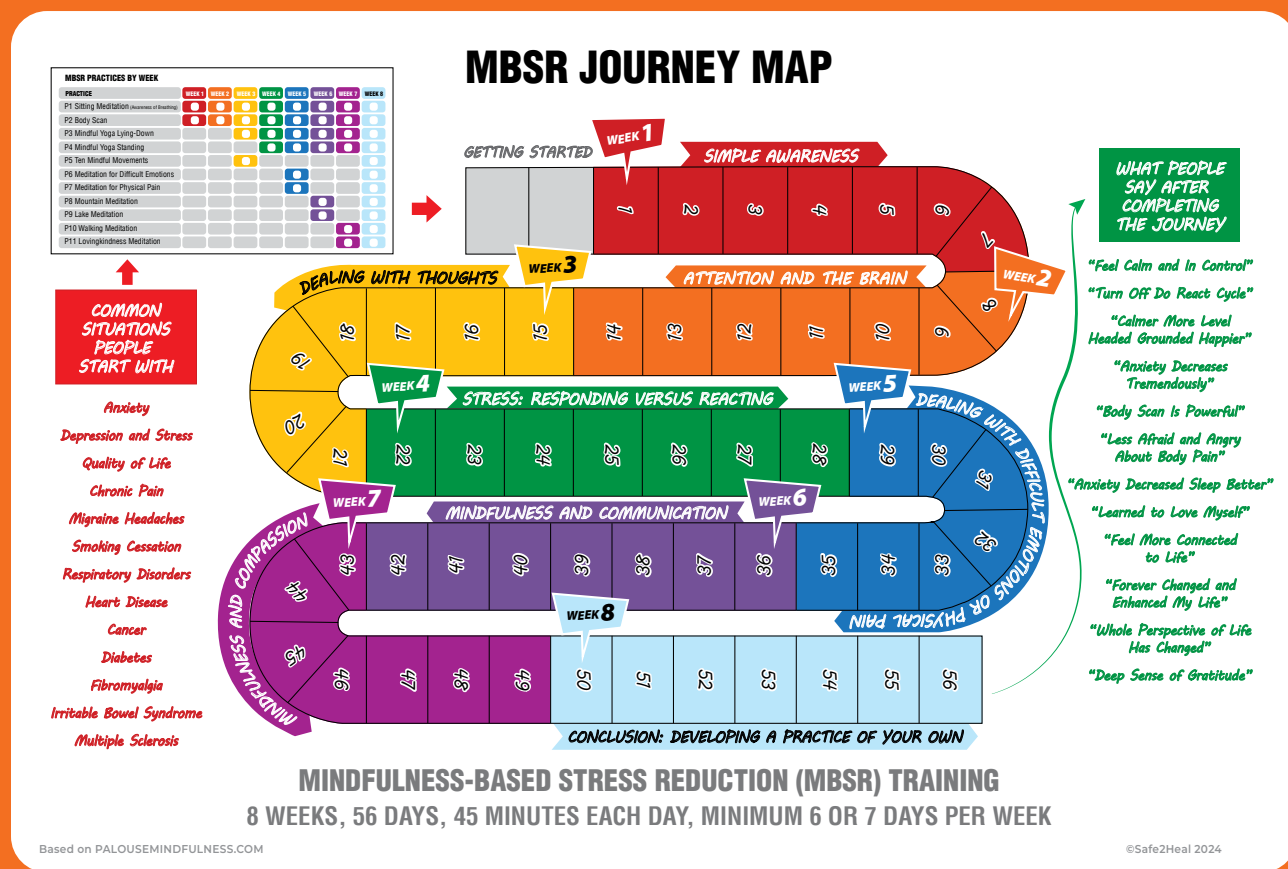
# Palouse Practice Instructions

**FORMAL PRACTICE:** Read the description of the **Sitting Meditation**. Between now and next week, practice at least six times, alternating the Sitting Meditation with the **Body Scan**. As before, don't expect anything in particular from either of these exercises. See if you can give up all expectations about it and just let your experience be your experience. **NOTE: One of your six formal practices can be one of the live group meditations listed in the Online Meditation page.**

Record on this form each time you practice. In the comment field, put just a few words to remind you of your impressions: what came up, how it felt, what you noticed in terms of physical sensations, emotions, thoughts, etc. **It's important to write the comments immediately because it will be hard to reconstruct later.**

Once you have done at least six days of practice and feel that you've gotten the essence of this "Week", you may go to the next week, although you can stay here longer if that feels right.

**INFORMAL PRACTICE:** At the end of the day before you go to bed, recall one specific pleasant event and record it on the Pleasant Events Calendar.



**A**ttention and The Brain further develops ideas about intention, attention, attitude and awareness, the magic of neuroplasticity and introduces Sitting Meditation. The approximately 128 billion neurons in our brains change constantly just like the weather. Science now tells us we can use our attention and awareness to improve how our brain functions. The Pleasant Events Calendar focuses on simple awareness of positive experiences.

The difference between ordinary and mindful sitting is awareness. We reside with calm acceptance in the present without trying to fill it with anything.

To practice make a special time and place for non-doing. Posture is important. Adopt an alert and relaxed body posture, erect and dignified, a physical counterpart to an inner attitude of self-reliance, self-acceptance and alert attention. Do something comfortable with your hands.

Bring your attention to breathing. Feel it come in. Feel it go out. Dwell in the present, breath by breath.

No need to answer questions and try to figure out why the mind is so quick to be bored with itself. Just notice whatever is distracting and return your attention to your breath. Over and over again.

Meditation is a way of being, not a technique, although there are methods and techniques associated with practice. All techniques are orienting vehicles pointing at ways of being in relationship to the present moment, to one's own mind and to one's own experience.

Meditation is not relaxation spelled differently, although meditation is frequently accompanied by profound states of relaxation and deep feelings of well-being. Mindfulness meditation is the embrace of any and all mind states in awareness without preferring one to another. Meditation is really a way of being appropriate to the circumstances one finds oneself in – in any and every moment.

Meditation is an inward gesture that inclines the heart and mind, seen as one seamless whole, toward a full spectrum awareness of the present moment just as it is, accepting whatever is happening simply because it is already happening. Allowing yourself, and the world, to be exactly where you are and as you are. From the point of view of awareness, any state of mind is a meditative state. All mind states and body states are occasions to know ourselves better. If we can stop, look and listen. If we can come to our senses, be intimate with what presents itself in awareness, nothing else needs to happen.

Let go of wanting something special to occur. Something special is already and always occurring. Life emerging in each moment as awareness itself.

## 2017 MBSR Curriculum and FCL Practice Guidance

**Jon Kabat-Zinn, in Full Catastrophe Living (FCL), prescribes the Body Scan, for approximately 45 minutes a day, for the first two weeks, whether you like it or not! In addition to the body scan, practice mindfulness of breathing for ten minutes at some other time during the day.**


**Suggested FCL reading: Chapter 4 - Sitting Meditation: Nourishing the Domain of Being, Chapter 5 - Being in Your Body: The Body-Scan Technique, Chapter 6 - Cultivating Strength, Balance, and Flexibility: Yoga Is Meditation, and Chapter 9 - Really Doing What You're Doing: Mindfulness in Daily Life.**


## WEEK 2


### Attention and The Brain


## Weather Report


### OUTSIDE



☐ Sunny



☐ Partly Sunny



☐ Partly Cloudy



☐ Sun & Rain



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Please check "I'm Breathing" and Practice(s) Completed.

Enter total minutes and time completed for M1 Minutes Practicing.

Write comments about your experience.

Optionally complete the Informal Practice Log, report on the weather, enter additional practices & measures.



## Key Measures

M#	Measure Name	Measure Value	Time When Completed
1	Minutes Practicing	Minutes	



I'm Breathing!

Day of Week

DD

MM

YY



Comments:

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Nasrudin went into a bank with a check to cash.  
 “Can you identify yourself?” asked the clerk.  
 Nasrudin took out a mirror and peered into it. “Yes, that’s me alright.”

Idres Shah

DAY 8

# Common Obstacles Along the Way

## ***There's a part of me that doubts this is worthwhile?***

Of course! Our habitual selves strongly resist the movement to slow down and become a witness to our constant stream of thoughts and emotions. There's another inner part of us that gets stronger and clearer when we learn to inhabit the space between our thoughts. Doubts are just thoughts. If you let them go like the clouds moving through the sky they'll move on and disappear. You could say the stronger the doubts the more progress you're making!

## **Jon Kabat-Zinn's Guidance from *Falling Awake*.**

### ***How do I know if I'm doing it right?***

- If you are resting in awareness you are doing it right, no matter what you are experiencing, whether it is pleasant, unpleasant, or neutral
- If you are bored and aware of it, you are doing it right
- If you are frightened, confused or depressed and you are aware of it, you are doing it right
- If your thoughts never shut down and there is an awareness of that in the present moment, and you can, even for a moment be the knowing rather than being carried away in the agitation, then you are doing it right
- If you are indeed carried away by the agitation and the proliferations and fabrications and cascading of the thinking mind and there is an awareness of that, and you can be that knowing in that moment, then you are doing it right
- In fact, as long as you are being kind to yourself and not forcing anything, there is nothing that you could do or that could happen to you that cannot be a worthy part of the practice, if you are aware of it and can give yourself over to trusting and resting in awareness itself rather than be caught up perpetually in the turmoil, the agitation, the clinging, the wanting, and the rejecting of whatever is arising.

### ***What are common obstacles to practicing meditation?***

- Not wanting to
- The body can be squeamish, fidgety, seemingly inconsolably uncomfortable...
- You might easily run into impatience agitation impatience agitation...
- Sensual desire or greed
- Ill will or aversion
- Sloth and torpor
- Restlessness, worry and remorse
- Doubt
- Sleepiness
- Idealizing your practice setting impossible standards making it into an act of will / aggression with little or no self-compassion and no sense of humor

# MBSR Works!

## *In the Words of Jon Kabat-Zinn*

These Jon Kabat-Zinn quotes are taken from *Healing Emotions Conversations with the Dalai Lama on Mindfulness, Emotions and Health* edited by Daniel Goleman Chapter 6 Mindfulness as Medicine.

*"Nowadays people know about meditation, but they have a very incomplete view of it. We want to teach people that meditation is not making your mind blank, but instead is learning to see things as they are and to live with things as they are."*

*"That chance is an opportunity to explore on a deep level how they might help themselves. They have sought help from other people in all sorts of places, but we ask, 'Have you considered the inner resources, perhaps even the wisdom, that already exists in your body and mind? If you can uncover it and develop a way to use that energy, then perhaps, together with your doctors, you can move toward greater levels of health and healing.' This is not curing, but healing. A cure just magically makes it all better somehow, but healing transforms both body and mind on a deep level. One sees differently and comes to terms with one's illness."*

*"I'd like to go very briefly now through some general results of the stress reduction program. If we take all people who were referred over a period of time with various pain problems, and we look at the number of different medical symptoms they report, there is a reduction of 25 percent in the number of symptoms over the eight weeks of the course. If we look at psychological symptoms, such as anger, anxiety, depression, and somatization, or imagining the body to be much worse than it is, we see a reduction of 32 percent in the number of symptoms over eight weeks. These people have had their pain problem for about eight years on the average, and have not previously been very successful at controlling their problem."*

*"In follow-up studies of patients who took the meditation training, the number of symptoms remains low over the four years of the study, so there is some evidence that the improvement is maintained over time." "Ninety-three percent say that four years later, they are still doing something that they learned in the program. Forty-five percent are continuing to practice the formal meditation daily for at least fifteen minutes at a time, at least three times a week."*

*"Although we see big improvements, very often the most important thing people get out of the program was not what they came looking for. They find something deeper. When we ask what they found in the meditation training program, they mention two things. One I think is very funny: they say 'the breathing.' I ask, 'What do you mean? You were breathing for many years before you began meditation.'*

*What they mean is they have a new-found awareness of the special quality of breath that relates to a greater sensitivity and awareness of their whole body. Along with the breath comes a sense of greater appreciation for the miracle of having a body, even if the body has a disability. Each breath, each moment, is a miracle, and when you begin to experience that directly, it vitalizes the quality of your life because you stop missing or running through so many of your moments. The other thing they say is, 'I learned that I am not my thoughts, and by extension I learned that I am not my pain or my suffering.'"*

# Nervous System Alerts and Key Measures

Please consider this explanation for suffering and disease grounded in the basics of how our nervous system evolved over time and works in today's modern world. The facing chart draws from FCL, Chapter 19 Stuck in Stress Reactivity and Chapter 20 Responding to Stress Instead of Reacting, including Figure 10 on page 265.

Many of us get stuck in a stress cycle running subconscious reactive patterns (A2, A3, A4) that deepen and wear us down over time. Healing comes from intentionally cultivating our stress response (A0) into a safe haven, our lives unfolding in a loving responsive way. As Jon says "Each breath, each moment, is a miracle, and when you begin to experience that directly, it vitalizes the quality of your life..."

Per Jon in FCL: "There is mounting evidence that chronic stimulation of the sympathetic nervous system can lead to long-term physiological dysregulation, resulting in problems such as increased blood pressure, cardiac arrhythmias, digestive problems, chronic headaches, backaches, and sleep disorders, as well as psychological distress in the form of chronic anxiety." Normal stimulation of the nervous system is A1 On Alert, switching back and forth with A0 Nurturing, which is the Stress Response. Over time, chronic sympathetic activation leads to A2, Escalated Fight or Flight, A3 Chronic Fight, Flight or Freeze and A4 Breakdown.

The course name, Mindfulness-Based Stress Reduction, reflects how learning to intentionally activate A0, over time, rebalances a system in a continually escalated or chronic state. Meditation is stress reduction! Mindfulness, expressed as any of the eleven practices in the course, helps us see differently. As Jon promises "...healing transforms both body and mind on a deep level. One sees differently and comes to terms with one's illness".

This seeing differently is the gift you give yourself taking MBSR. We all naturally have an outside-in orientation. When you explore your inside experience more closely and learn techniques like the body scan, awareness of breathing and gentle yoga, your perspective changes. This rotation in perspective literally heals conditions that underlie disease and suffering, dramatically improving your experience and outcomes!

Best practice: if you want to manage something measure it. If you want to move the baseline "resting" state of your nervous system from A2-A3 to A0-A1, then complete this course. The most critical factor to your success is simply completing the formal and informal practices, at least 45 minutes a day. Using M1 Total Minutes Practicing, record the total minutes practicing for each day, and the cumulative minutes up to that date. Set your sights on completing the 2,520 minutes of practice and reserve all your judgments until then.

The path to well-being is well known. This playbook, these practices and measures, provides the scaffolding and the container to dramatically improve your moment-to-moment experience. You can train your nervous system to reset your baseline to nurturing and reap the rewards!

## Nervous System Alerts Summary

M#	Nervous System Alert States and Measures	A0 Nurturing Rest & Digest	A1 On Alert Normal Fight or Flight	A2 Escalated Fight or Flight	A3, Chronic Fight, Flight or Freeze	A4 Breakdown
0	MBSR Label	Stress Response	Stress Reaction	Internationalization of Stress Reaction / Dis-regulation	Maladaptive Coping	Breakdown
0	Nervous System Alert Level	A0	A1	A2	A3	A4
	Alert Level Description Based on Figure 10 (p. 265) in Full Catastrophe Living	Mindfulness, appraisal of thoughts, feelings & perceived threats, awareness, relaxation	Alarm reactivity, acute hyperarousal	Chronic hyperarousal; high blood pressure, weaker heart rhythm, sleep disorders, chronic headaches, backaches, anxiety	Self-destructive behavior (overworking, hyperactivity, overeating) Substance dependency (drugs, alcohol, cigarettes, caffeine, food)	Physical / psychological exhaustion, loss of drive, enthusiasm, depression, genetic predispositions, heart attack, cancer
1	MBSR Practice	45 Minutes a Day		None		
2	Water	Daily		Dehydrated		
3	Screen Time	As Needed		Too much compulsively		
4	Sleep	Plenty 6+		Disruptive < 6 or >10		
5	Outdoors / Exercise	30+ Minutes 2-3 times week		None		
6	Blood pressure	Normal	Elevated	Stage 1 Hypertension	Stage 2 Hypertension	Hypertensive Crisis
7	Physical Pain	Decreased Over Time		Increased & Persistent		
8	Emotional State	Relaxed		Stressed & Anxious		
9	Cognitive / Thinking Ability	Higher		Lower		
10	Heart Rate	Decreased		Increased		
11	Muscle Tension	Lower		Higher		
12	Digestive system	Normal		Constricted		
13	Heart-Lung-Brain Connection	Increased		Decreased		
14	Resilience	Increased		Decreased		
15						

**Note:** M6 information from Healthline <https://www.healthline.com/health/blood-pressure-chart>

M7-M14 documented in *A unified 3D default space consciousness model combining neurological and physiological processes that underlie conscious experience*



# About Safe2Heal

Safe2Heal researches and publishes information about practices and methods that work to dramatically improve well-being and transform lives. What does it mean to heal and what are the practices people report work best? How are lives transformed and well-being dramatically improved, with an eye towards how people solve problems outside the traditional boundaries of modern medicine?

Our first research effort “How Healing Happens”, draws from two exceptional sources of detailed validated data about healing; a PhD thesis by Kelly Ann Turner on spontaneous remission of cancer (which evolved into a book) and a report produced by The Bravewell Collaborative about the effectiveness of alternative modalities like meditation and yoga in clinical outpatient care settings. The core findings about the healing process:

- People adopt new beliefs about themselves and the world they experience.
- People make changes and practice in new and different ways to embrace the free flow of loving energy in their integrated body-mind-spirit system.
- The conditions under which disease thrives change until people are free of pain.

These new beliefs reflect a change in perspective; a new grounding in direct experience, in awareness, that goes deeper than our ability to understand. From a conventional outside-in perspective to a new inside-out point of view that includes every thing. Something like; from a separate self in a body in constant danger [Body (Mind (Spirit))] to an open always present loving awareness unfolding [Spirit (Mind & Body)].

There are many names for “spirit”; ground of being, loving presence, all there is, awareness, and many more. We all share spirit, all sentient beings, our true nature, a continuous arising that practices like meditation reveal. Cultivating spirit, this free flow of always available energy changes us (neuroplasticity!) and over time our “center” moves from an isolated body in pain and suffering - to an awareness, a presence from which all experience arises. Turns out our point of view, intention and attention can be more powerful than all the pharmaceuticals and interventions of modern medicine.

Five years ago, after leaving the business world, I started a new round of research by practicing these methods myself every day. Christmas 2018 I made a commitment to meditate every day and started the Palouse MBSR course outlined in this playbook. After Palouse I completed an instructor-led online MBSR course with East Coast Mindfulness. Then I discovered Jeffrey Martin and the Finders course, a formal research project with a very structured online course curriculum including a set of sophisticated well-being measures. The Finders course required a minimum of 90 minutes a day for 17 weeks, and features 25 different practices, including almost all the practices in MBSR. The practices referenced in MBSR and Finders work! I’m still meditating every morning, speaking to you from my experience.

Safe2Heal researches and publishes information about practices and methods that work to dramatically improve well-being and transform lives. The results people report, and science validates, after completing an MBSR course, are available with a wide range of modalities.

Safe2Heal is a labor of love, showing how we’re all connected to and create the world we live in. In the healing tradition of human beings on earth let us each heal ourselves. Then help heal each other and the world at large. With Love. May the fruits of our practice benefit all beings and the earth in peace.

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## MBSR PRACTICES BY WEEK

PRACTICE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
P1 Sitting Meditation (Awareness of Breathing)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P2 Body Scan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P3 Mindful Yoga Lying-Down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P4 Mindful Yoga Standing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P5 Ten Mindful Movements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P6 Meditation for Difficult Emotions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P7 Meditation for Physical Pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P8 Mountain Meditation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P9 Lake Meditation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P10 Walking Meditation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P11 Lovingkindness Meditation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*"May the fruits of our practice  
benefit all beings  
and the earth in peace."*