

## **Introduction to Mindfulness-Based Stress Reduction**

### **Course Description**

The title of this course is "Introduction to Mindfulness-Based-Stress Reduction". Below is a description of the course content.

The essence of this 11 week class is an introduction to mindfulness in general, and an exploration of 5 different types of mindfulness-based stress reduction (MBSR) meditation practices. Four of these MBSR practices (sitting meditation, the body-scan meditation, walking meditation, and mindful movement) are outlined in Jon Kabat-Zinn's highly-regarded book, "Full Catastrophe Living". With each week's 75 minute class period generally divided into equal parts presentation of ideas, group discussion, and meditation practice, this is primarily an experiential class, with no text, or prior meditation experience, required.

The first several weeks of this class provide an introduction to the nature of mindfulness and to mindfulness-based stress reduction meditation in general. Then, during the remaining weeks of the semester, we explore each of 5 different types of mindfulness-based stress reduction meditation practices individually, in succession, and in some depth.

For successful and welcome participation in this class, practicing mindfulness meditation outside of class is recommended, but not required.

And again, although Jon Kabat-Zinn's book "Full Catastrophe Living" is occasionally referenced, there is no required text.

### **Weekly Layout:**

Introduction to the course

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Wrapping it up ... looking back and looking forward