

MINDFULNESS-BASED STRESS REDUCTION With Jennifer Innes, MSc

Eight Evenings of Classes and a Day-Long Retreat



Jennifer Innes is a meditation and mindfulness-based stress reduction (MBSR) teacher qualified by the University of Massachusetts Medical School, a mindful self-compassion teacher-in-training with the UC San Diego and a certified Sivananda yoga teacher. She founded Ottawa Meditation & Wellness Inc. as a platform to teach mindfulness and MBSR to anyone wanting to live with greater physical and mental ease and well-being. Jennifer is a dedicated meditation and mindfulness practitioner whose desire to teach comes from personally experiencing the transformative benefits of the practice and fuels her passion to teach and serve others.

DATES & LOCATION

Wednesdays from 6:30-9:00 p.m.
from October 2nd to
November 20, 2019 at Kitchissippi
United Church, 630 Island Park
Drive, Ottawa, Ontario.

The day-long retreat will be held
on November 1st, 2019 from
9:30-3:30 at Kitchissippi United
Church.

Ample parking available.

Cost: \$525.00

Learn how mindfulness can help to improve health and well-being in the face of stress, chronic pain, and anxiety and depression, as well as other chronic conditions and difficult life transitions.

The workshop follows the Mindfulness-Based Stress Reduction Program developed by Dr. Jon Kabat-Zinn at the University of Massachusetts Medical School. Since 1979, more than 18,000 people have taken the program. MBSR is the most widely researched mindfulness intervention program in the world. Research evidence suggests that MBSR is helpful for:

- ◆ coping effectively with short and long-term stress
- ◆ reducing anxiety and preventing depression relapse
- ◆ managing chronic pain
- ◆ reducing conditions. such as high blood pressure, fibromyalgia, heart disease, GI disorders and skin disorders
- ◆ immune system function
- ◆ brain function (MBSR is associated with learning, memory, focus, attention, emotional regulation and empathy)

The workshop is highly experiential and includes:

- ◆ guided instruction on mindfulness meditation practice
- ◆ body awareness exercises, including gentle mindful yoga
- ◆ individual exercises on how to apply mindfulness in daily life
- ◆ group guidance, group process and peer support
- ◆ daily assignments for home practice during the course
- ◆ guided recordings for post-course home practice sessions of 30 to 45 minutes per day (many participants incorporate these into their lives after completing the workshop)
- ◆ a home practice manual

There will also be discussion around habitual patterns of stress reactivity and resistance; how mindfulness changes our relationships with thoughts, emotions, pain and perceptions; awareness vs. autopilot mode, mind-body connection, mindful communication and much more.

For more information or to register,
please contact Jennifer Innes at:
info@omwellness.ca