



CROZER KEYSTONE

HEALTHPLEX®
SPORTS CLUB

MINDFULNESS-BASED STRESS REDUCTION: APPLIED PRACTICES

A Program in Proven Stress Management Techniques

Supported by over two decades of research, MBSR can help:

- Reduce stress
- Improve mood and energy
- Increase focus and mental clarity
- Improve communication in relationships
- Manage difficult situations and emotions
- Increase enjoyment and appreciation of life

PROGRAM DETAILS & COSTS

Register for the applied practices MBSR program. Healthplex and CKHS employee discounts available.

Applied Practices (4-week program) \$179

4 Sundays: April 7 - May 5 (No Class April 21 Easter), 5:30 p.m. - 8:30 p.m.

Includes 10 hours of instruction, a study manual, and a series of recorded meditations. This class is open to new and experienced mindfulness students. Applied Practices is designed to deepen mindfulness skills learned in Essential Practices. Classes can be taken in any order.

Location:

Healthplex Sports Club Mind/Body Studio, 194 West Sproul Road, Springfield, PA.

INSTRUCTOR

Curt Woolford, MA, E-RYT began his personal mindfulness practice over 25 years ago. He has studied Mindfulness-Based Stress Reduction with Jon Kabat-Zinn, The Penn Program for Mindfulness, and the Jefferson Mindfulness Institute. Curt has been an instructor of Mindfulness, Yoga, Tai chi, and Qigong for more than 15 years. With degrees in Philosophy and Educational Psychology, he brings a deep awareness of the learning process to his mindfulness instruction.

To register,
Contact the
Healthplex Service
Desk at 610.328.8888.