



CROZER-KEystone
HEALTHPLEX®
SPORTS CLUB

FALL 2019



MINDFULNESS-BASED STRESS REDUCTION: ESSENTIAL PRACTICES AND RETREAT

A 5-Week 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

WHEN (5 Sundays)

Classes: October 6, 13, 27 and November 10, 5:30 p.m. – 8:00 p.m. (*No Class Oct. 20th*)

Retreat: November 3, 11:30 a.m. – 4:30 p.m.

OPTIONS & COSTS

- **\$229 Classes and Retreat** (recommended). This includes 15 hours of instruction, a study manual and a series of recorded meditations.
- **\$189 Classes only.** This includes 10 hours of instruction, a study manual and a series of recorded meditations.
- **\$75 for Retreat only.** This includes 5 hours of guided mindfulness practices in a supportive community setting.
- *Healthplex and CKHS employee discounts available. Members and Non-members welcome.*

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.

Location:

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

To register, contact
Barb Isaacs at
barb.isaacs@crozer.org or
call 610.328.8873.