

Mindfulness-Based Stress Reduction

MBSR – Spring 2024

Live Online via Zoom

MBSR is an 8-week evidence-based, experiential program designed to provide participants with intensive and systematic training in mindfulness meditation and movement practices to be integrated into one's daily life.

Research on MBSR consistently demonstrates positive outcomes associated with increased self-awareness, emotion regulation and focus, as well as reductions in anxiety, depression, and chronic pain.

This course is appropriate for anyone who is impacted by stress and interested in exploring how mindfulness may support you in living life more fully, with greater ease and wellbeing.

MBSR Program Schedule

Free Orientation Session*	Thursday, March 21, 12 – 1pm Thursday, March 21, 6 – 7pm <small>*Attendance at either orientation session is required for participation in the course</small>
MBSR Weekly Program	Tuesday evenings, April 2 – May 21, 6:00 – 8:00pm
Retreat Day	Saturday, May 18, 10:00am – 3:00pm

MBSR Program Fee

\$400 for the 8-week,
9-session course

\$200 for students 18+

Rush employees may utilize
LEAP benefit to cover the cost
of tuition

MBSR Program Registration

To register, please contact
Rebecca Bunn at
rebecca_bunn@rush.edu.

A Zoom link will be sent for the
orientation and weekly sessions
following registration

Instructor

Rebecca Bunn, MA, LCPC
Certified Mindfulness-Based
Stress Reduction Teacher

