

# Mindfulness-Based Stress Reduction

## MBSR – Winter 2025

### 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

<b>Free Orientation Session*</b>	Thursday, February 6, 12 – 1pm Thursday, February 6, 5 – 6pm <small>*Attendance at either orientation session is required for participation in the course</small>
<b>MBSR Weekly Program</b>	Thursday evenings, February 13 – April 3, 6:00 – 8:00pm
<b>Retreat Day</b>	Saturday, March 22, 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](mailto: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

