

Mindfulness-Based Stress Reduction

Palouse Mindfulness MBSR Course

Introduction	Getting Started MBSR – An Introduction MBSR Research Summary
Week 1	Simple Awareness <i>Introduction to the Body Scan</i>
Week 2	Attention & The Brain <i>Introduction to Sitting Meditation</i>
Week 3	Dealing with Thoughts <i>Introduction to Yoga</i>
Week 4	Stress: Responding vs. Reacting <i>STOP: The One-Minute Breathing Space</i>
Week 5	Dealing with Difficult Emotions/Sensations <i>Soften, Soothe, Allow</i>
Week 5b	Special Instructions for Physical Pain <i>The Five-Step PAIN Process</i>
Week 6	Mindfulness and Communication <i>Lake & Mountain Meditations</i>
Week 7	Mindfulness and Compassion <i>Lovingkindness Meditation</i>
Week 8	Conclusion <i>Developing a practice of your own</i>

*These materials and more can be found at
palousemindfulness.com*