

# An Invitation to MBSR

## Mindfulness-Based Stress Reduction

The MBSR is an eight week experiential and immersive group journey to deepen the practice of mindfulness in your everyday life. It is an evidence-based course designed to help you relieve stress from work and life. The practice of mindfulness invites us to discover our own innate inner resources for healing and well-being. Take charge of your life and learn how to better respond to your stress and pain in order to live and love more fully.

*No experience necessary - All levels welcome*



**Beginning January 22nd, 2022**

*Includes an all-day Gentle retreat*

**Register today to reserve your spot!**

**West End Yoga Studio**

221 W Walnut St, Lancaster PA 17603

### Tuition

This class is self-pay (not covered by insurance). For that reason we have created a sliding scale to accommodate more people. Generosity policy applies - to cover costs for our small business and the venue, and so that people with fewer financial resources can be accommodated, please pay at the highest level available to you.

If tier 3 is financially prohibitive, please email us so we can find a way for you to participate.

Tier 1: \$550 (\$18 per class hour)

Tier 2: \$500 (\$16 per class hour)

Tier 3: \$450 (\$15 per class hour)

**<https://www.westendyogastudio.com/msbrcourse>**

*Being mindful is the practice of being present - so simple, and so very difficult. While we want to be awake and aware in the moments of our life, too often we aren't, and instead shift to autopilot, shut down emotionally, or settle for simply getting through the day. Yet this timeless moment is accessible to us all. It's our human birthright. Being awake to the experience of our own life allows us to have the clarity needed to draw from the wisdom, courage, and strength that already lies within us.*

**Jess Okanya Patel is qualified to teach MBSR through East Coast Mindfulness. In addition, she has completed a Masters degree in Mindfulness Studies from Lesley University. Jess brings a warm, inviting and gentle approach to her teaching. She makes any individual she is connecting with to feel valued and seen.**