Palouse Mindfulness MBSR Course

Introduction
Getting Started
MBSR – An Introduction
MBSR Research Summary

Week 1
Simple Awareness
Raisin Meditation and the Body Scan

Week 2
Attention & The Brain
Introduction to Sitting Meditation

Week 3
Dealing with Thoughts
Introduction to Yoga

Week 4
Stress: Responding vs. Reacting
STOP: The One-Minute Breathing Space

Week 5
Dealing with Difficult Emotions or Physical Pain
Turning Toward...

Week 6
Mindfulness and Communication
Lake & Mountain Meditations

Week 7
Mindfulness and Compassion
Lovingkindness Meditation

Week 8
Conclusion
Developing a practice of your own

These materials and more can be found at palousemindfulness.com