



Mindfulness-Based Stress Reduction (MBSR) Workshop

Introduction to Mindfulness

When: Friday, June 19 - Sunday, June 21, 2015

Where: Yoga Mala: 2020 - 11th Ave, Regina, SK

Why: Participants can experience MBSR and gain an understanding of its efficacy through compelling research.

Registration

Go to: www.prairiemindfulness.ca

Deadline: June 12, 2015

Space limited. Register early.

Cost

\$325/person (Includes GST)

Cash. Cheque. Credit.

Due at time of registration.

Meet the Facilitators



Catherine L. Phillips, MD, FRCP(C) has integrated mindfulness into her life and professional work - as a psychotherapist, psychiatrist and teacher - for over 30 years. She is an Assistant Clinical Professor in the Department of Psychiatry and a Scholar with the Integrative Health Institute, at the University of Alberta. She is a certified Mindfulness-Based Stress Reduction (MBSR) teacher through the Center for Mindfulness, University of Massachusetts Medical School, and the Founder/Director of the Mindfulness Institute.



Joanne Frederick, M.A., is the Founder of the Prairie Centre for Mindfulness and a Registered Psychologist in private practice in Regina. She is completing the requirements to teach Mindfulness-Based Stress Reduction (MBSR) through the Center for Mindfulness at the University of Massachusetts Medical School. Her passion to teach MBSR was ignited in 2003 when she faced a life threatening illness. Being of service to people who share a desire to awaken to life, rather than operating on auto-pilot, continues to guide her work in the community.



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