

# Join us for: Mindfulness Based Stress Reduction

**IN PERSON @ WCU CENTER FOR CONTEMPLATIVE  
STUDIES**

Meets weekly every Monday 5:30-8 pm starting March 18th until May 6th

MBSR training uses a combination of mindfulness meditation, body awareness, yoga, and exploration of patterns of behavior, thinking, feeling, and action. This 8-week evidence-based program offers secular, intensive mindfulness training to assist people with stress, anxiety, depression, and pain. The practices you will learn are proven to help enhance focus, improve sleep, boost compassion, and support optimal performance states.



Instructor: Heather  
Bloodworth- WCU Mind Body  
Health Adjunct Professor,  
Certified Mindfulness  
Mediation Teacher, Singer/  
Songwriter/Performer

*\*Silent Retreat to be held Saturday,  
April 27th from 9am - 4:45pm*

**Register Here:**



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Center for Contemplative Studies

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