

# Mindfulness-Based Stress Reduction (MBSR) Program

## - Improving Your Overall Well-being -

Long term stress can have a major impact on our physical and mental health. **Mindfulness-Based Stress Reduction (MBSR) aims to improve general well-being and address prolonged periods of stress, which can lead to poor mental and physical health.**

MBSR incorporates techniques such as meditation, gentle yoga and mind-body exercises to help people learn how to cope with stress. It gives people greater clarity on what is happening in their lives.

People have reported feeling more engaged in their work, being more energised, less anxious, as well as sleeping better and having fewer physical symptoms of stress, after attending an MBSR course.

### **The MBSR Program Includes:**

- 1 Orientation Session
- 8 weekly sessions of 2h/2h30
- 1 All-day Retreat

### **Orientation Session**

Tuesday 24th September 2019  
Morning: 9.30 to 10.30 a.m. **OR**  
Evening: 6.30 to 7.30 p.m.

### **Weekly Sessions**

Morning: 9.30 - 11.30/12.00 **OR**  
Evening: 6.30 - 8.30/9 p.m. on  
Tuesdays: 1, 8, 15, 29 October | 5, 12, 19, 26 November

### **All-day Retreat**

Sun 17 Nov, from 10.00 to 16.00

**Facilitated by:** Silvia Vernaschi,  
Mindfulness instructor & Parent Coach

### **Information and registration**

info@asphere.ch or silvia@silviavernaschi.com  
(places are limited)

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