

Lotus Counseling & Meta Medicines

MINDFULNESS BASED

STRESS REDUCTION



MBSR Informational

Whether meditation is new to you, or you already have a consistent personal meditation or self-care practice, this informational will allow you a glimpse into how mindfulness meditation can help you to manage stress, anxiety, and/or chronic pain with greater ease.

FREE INFORMATIONAL
Saturday, February 17th
Location: 101 Nursery Lane
2nd Floor Conference Room
10:00a-10:30a Q&A
10:30a-11:00a Meditation

Spring MBSR Class Returns March 2024

In 2020, more than 75% of adults report symptoms of chronic stress including headaches, fatigue, or sleeping problems, and nearly 50% of all US adults report that chronic stress has negatively impacted their behavior. Although our bodies are highly adaptable and intelligent, none of us were meant to sustain “fight or flight” mode for long durations of time.

The TRUTH is that hyper vigilance in the mind and hyper ventilation in the body are conditions that are working against LONGEVITY.

NOW is the time to PRIORITIZE and PRACTICE your Self-Care, and what a better way to begin a new commitment to yourself than by participating as a student of Mindfulness in the next MBSR class.



MBSR

Mindfulness is meeting the present moment with full attention and clear intention.

Ask Yourself:

Who might I be able to be if I were able to experience the moments of my life with greater presence, wholeness, and truth?

Mindfulness for Mothers:

A recent report by the APA on Stress in America found that nearly 50% of all Mothers polled with children under 18 reported their mental health was worse than before the pandemic. Past students of MBSR have stated that learning mindfulness helped them to experience a greater ability to be present for their role as mother and manager of the home, along with the other various hats they often wear. Notably, these mothers also reported noticing an increase in self-compassion upon completion of the MBSR program.

Mindfulness is for anyone who may be suffering from dis ease (whether expressed physically in the body or mentally in the mind) and interested in an evidence-based, holistic approach to managing stress & chronic pain.

Mindfulness for Couples:

Couples who have completed the MBSR course have reported feeling more ease within their relationships, a greater emphasis on quality time together, and improved and authentic communication.

Mindfulness for Clinicians:

Jumpstart your self-care practice! Now more than ever as a practitioner doing deep, quality work with clients everyday, it is imperative to prioritize your own mental, physical, spiritual and relational wellness so that you can continue giving from a healthy and grounded place.

Class Details

Eight 2.5 hour classes

One day-long Meditation retreat

[28 Hours of in-person, guided practice and mindful discussion]

\$499

Spring class begins March 2024

Email: info@LotusCounselingTX.com

