

MBSR Program Overview & Weekly Class Outline

Program Instructor: Singleton Cox

The Mindfulness-Based Stress Reduction (MBSR) program is an eight-week psycho-educational course designed to teach people how to better take care of themselves and participate fully in improving the health and quality of their lives as they work with various types of “stressors” or challenges. Participants learn coping skills and practices to help fully integrate mindfulness into their lives. The MBSR class was created in 1979 by Dr. Jon Kabat-Zinn at the University of Massachusetts Center for Mindfulness. Since that time, hundreds of thousands of people all over the world have completed MBSR and taken a more active role in their self-care. This is one of the most well-known evidence-based mindfulness programs. ***MBSR can help you:***

- ***Improve how you manage stress, anxiety, and life’s challenges***
- ***Develop skills to respond to difficulties with greater awareness instead of reacting automatically***
- ***Maintain a meditation practice that grows with you throughout life***

This course also serves as a foundational step toward pursuing MBSR Teacher Certification. Please review any questions you have about this information with Singleton and attend one of the Orientation Classes (60mins) on Sunday, September 13 @ 3:00pmET or Wednesday, September 16 @ 6:00pmET.

Personal commitment to MBSR practice

We encourage a minimum of 45 minutes mindfulness practice, which can be a combination of mindful walking, eating, meditation, stretching/movement, journaling, and body scan, 6 days per week for the 8 weeks that you are attending MBSR classes. It is the practice of mindfulness that will enable you to realize its benefits. This commitment can be a challenging one, and may require lifestyle adjustments. You may have to rearrange your schedule to allow time for daily practice. Once you taste the benefits of mindfulness, then you may find that maintaining a daily practice becomes easier and highly rewarding.

Personal commitment to practice mindfulness in daily living (informal mindfulness practice)

We can bring mindfulness to eating, walking, listening, and speaking anytime throughout the day. This conscious act of remembering and bringing attention to the present moment and simple activities throughout the day, enhances your meditation practice. We would like you to cultivate a practice of being fully present to each moment with equanimity, as life unfolds.

Personal commitment to put goal attainment on hold

Please try to approach your practice with an attitude of kindness, compassion, gentleness, openness, and inquisitiveness toward yourself and others. Putting aside any desire to use MBSR to reach a certain outcome will allow you to fully experience a primary part of the program, which is “non-doing” or “non-striving.” Your role is to just observe and develop a deeper awareness through mindfulness practice. We also welcome you to share relevant experiences for the good of the group during weekly session discussion times.

MBSR Program Weekly Class (2.5 hours) Outline Sunday afternoons @ 3-5:30pmET (September 13th – November 15th) -OR- Wednesday evenings @ 6-8:30pmET (September 16th – November 18th) Make up missed classes on either day All-Day Retreat: Sunday November 1 st @ 10:30am-5:30pmET Zoom / Online Classes & Retreat	
ORIENTATION (60 minutes) • Intro & Program Overview • Meet Class Participants & Singleton • Short Sitting Meditation • Q&A WEEKS 1 & 2 • Mindful Movement • Mindful Eating • Body Scan Meditation • Awareness of Breathing • Perception Learning/Awareness WEEKS 3 & 4 • Walking Meditation • Lying Down Mindful Movement • Pleasant Events Calendar • Unpleasant Events Calendar • The Stress Reactivity • Standing Mindful Movement • Group Exploration of Stress WEEKS 5 & 6 • Sitting and Standing Meditations • Working with Difficulties • Responding Instead of Reacting • Open Awareness Meditation • Mindful Communications • All-Day Retreat Overview & Discussion	Sunday 11/1/26 ALL-DAY RETREAT (7 hours) • Morning Sessions • Mindful Meal • Afternoon Sessions • Formal Mindful Practices: Body Scan, Sitting, Gentle Movement, Walking • Selected Informal Mindful Practices (ex. Mindful Meal & Retreat Break) • Guided Meditations • Small Group Discussion • Group Discussion & Reflection <i>The All-Day Retreat can help you practice integrating MBSR skills more fully into your daily life. We will retreat together via Zoom online.</i> WEEKS 7 & 8 • Silent Meditations • Loving Kindness Meditation • Formal and Informal Mindful Practice • Sustaining Your Practice • Course Conclusion • Goodbyes

SeaView Mindfulness LLC
Waiver of Liability, Assumption of Risk, and Indemnity "Agreement"

Waiver: In consideration of being permitted to participate in any way in this Mindfulness-Based Stress Reduction (MBSR) Class hereinafter called "Activity", I, for myself, my heirs, personal representatives or assigns, do hereby waive, discharge, covenant not to sue, and release Singleton A. Cox from liability from any and all claims resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in the Activity.

Assumption of Risks: Participation in the Activity carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains to 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions to 3) catastrophic injuries including paralysis and death.

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD Singleton A. Cox and SeaView Mindfulness LLC, HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in Activity and to reimburse them for any such expenses incurred.

Waiver of Liability: I understand and agree that the services and tools offered in the Activity offered by Singleton A. Cox are not intended to replace or be substituted for medical or psychiatric care. It is recognized that the trainings inherent in the programs may at times make participants feel vulnerable. Mindfulness programs are not therapeutic interventions for psychopathological disorders as defined in the Diagnostic and Statistical Manual of Mental Disorders (DSM), and are not intended as such. By completing this release and consent I assume all risk for any physical or mental consequences of participating in the program. By signing this release, I also specifically and expressly agree to hold harmless, indemnify and release Singleton A. Cox from any and all liability from the results of the educational guidance that will be or have been provided. Moreover, I acknowledge that the particulars shared in these classes by all participants are to be maintained as confidential. I will not blog, post, show, display, or otherwise report on content and recordings shared in these classes in any form of media. MBSR classes may be recorded for continuous improvement follow up with UC San Diego, School of Medicine, Center for Mindfulness approved Mentors only.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in the Activity I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

SeaView Mindfulness LLC

Waiver of Liability, Assumption of Risk, and Indemnity Agreement Signature Block

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of Florida and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. This Agreement may be executed in any number of counterparts, each of which shall be an original, but all of which together shall constitute one and the same agreement. This Agreement may be executed and delivered electronically in portable document format (.pdf), and upon such delivery, the electronic signature will be deemed to have the same effect as if the original signature had been delivered to the other party. I acknowledge that I am signing the agreement freely and voluntarily, and intend my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Participant Name:	
Signature (Please feel free to type in your name in lieu of a signature):	Date:

Weekly MBSR Program Schedules

	Sundays	Wednesdays
Time	3:00-4:00pmET	6:00-7:00pmET
Orientation (60 Mins)	9/13	9/16
Time	3:00-5:30pmET	6:00-8:30pmET
Week 1	9/20	9/23
Week 2	9/27	9/30
Week 3	10/4	10/7
Week 4	10/11	10/14
Week 5	10/18	10/21
Week 6	10/25	10/28
Retreat	Sun 11/1: 10:30am-5:30pmET	11/4: No 2.5hr Session
Week 7	11/8	11/11
Week 8	11/15	11/18
Class Registration Options		Please Select 1 Class Option [X]
1) Sundays @ 3:00pmET Only		
2) Wednesdays @ 6:00pm ET Only		
3) Access to Both Classes (No additional cost)		

SeaView Mindfulness LLC Client Information Form (MBSR)			
(Please type answers into the form, if you prefer)			
Client Name:			
Preferred Pronoun(s):			
Age:			
Emergency Contact Name:			
Emergency Contact Phone Number:			
How would you describe your physical health?			
Excellent:	Good:	Fair:	Poor:
Do you have any physical concerns/conditions? If yes, please describe.			
Yes:		No:	
Do you have any mental health concerns/conditions including symptoms of anxiety, depression, or psychosis? If yes, please describe.			
Yes:		No:	
Have you experienced events you would consider traumatic, or suffered abuse in the past?			
Yes:		No:	
Have you practiced any meditation, yoga, tai chi, or mindfulness? If so, what kind, for how long, and have you found it helpful?			
Are you seeing a therapist/counselor/medical doctor currently? If yes, please consider discussing your SeaView service(s) with them.			
Yes:		No:	
Signature (Please feel free to type in your name in lieu of a signature):			Date: