

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 1st @ 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

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