

---

# Mindfulness Based Stress Reduction

Course Duration: 8 Weeks

Course Fee: £96

---

## Overview

Mindfulness Based Stress Reduction (MBSR) is a clinically evidence based and approved meditation practice based on the physiological effect of deep relaxation on the hypothalamus - pituitary - adrenal axis. MBSR clinics have been integrated into schools and hospitals across the United States and are offered on the UK NHS for pain, trauma, anxiety and depression. It is also being integrated into some UK schools, improving exam results and general student behaviour. MBSR was pioneered by Dr. Jon Kabat-Zinn, Professor Emeritus of the University of Massachusetts Medical Centre.

## Aims and Learning Outcomes

Students who enrol in this course will learn:

- Foundation of Mindfulness practice: attitude/commitment
- The science of Mindfulness: the H-P-A Axis
- The power of breathing: practical exercise
- Cultivating strength, balance and flexibility
- Mindfulness in daily life: observation and discussion
- Walking / sitting meditation
- Being in the present moment
- Being with ourselves: our life challenges
- A day retreat of Mindfulness

## Course Structure

The programme will consist of 8 sessions of two hours each. There will be practice and theory with practical homework.

Commitment to daily Mindfulness practice is expected. Blood pressure will be taken.

---

Lecturer: Mrs L Hillman LicAc BSc  
(Hons) MBACC

E-Mail:

hillmanacupuncture@gmail.com .com

Location: [College Main Building]

Session: Tuesday [18:00 - 20:00]

---

## Who is this course for?

This course is for anyone who through interest or necessity is seeking a method to cope with stress, chronic pain or illness whether for oneself, or to help a loved one.

This course is also for therapists seeking a profound method and healing aid for their client/patient. Mindfulness also helps the therapist to harmonise any negative aspect of their work at the end of the day.

## What do I need to bring?

Please wear comfortable clothing. You may need a cushion if you suffer with a back problem and find it uncomfortable to sit in a chair for more than one hour. You will be asked to bring a yoga mat for two of the sessions. Please bring your own bottle of mineral water. Please bring a pen and pad for notes.

## Entry Requirements

There are no entry requirements for this course.

## Important Points

- Gibraltar College reserves the right to make changes to this course without prior notice.
- All courses are accurate at the time of upload or print.
- Courses can only run if there are sufficient numbers.

