

'Stress Busting'



Mindfulness Meditation

Mindfulness is an ancient practice that has taken hold of the modern imagination as a method to decrease stress and increase happiness. Mindfulness is a universal human capacity that can be enhanced through mind/heart training. Research has proliferated on the impacts of regular mindfulness practice on the brain and its efficacy in addressing many forms of stress while improving quality of life.

A Typical 30 Minute Session: involves learning specific practices such as:

- Mindfulness of Breath, Awareness of Body Sensations, Lovingkindness and Self-Compassion Practices, RAIN meditation for strong emotions

Ten - Week 'Free' Online Program:

Tuesdays January 19 to March 23, 2021 noon – 12:30pm

followed by an optional Q&A discussion

Instructor: Susan Harris MSW, RSW has been cultivating her meditation practice for over 25 years through retreats, daily practice and study primarily in the Vipassana tradition. Susan has completed the Mindfulness Meditation Teacher Certification training program led by Jack Kornfield and Tara Brach

Open To: the York University community and friends around the world

Program Details: consult the Stress Busting website: <https://stressbusting.info.yorku.ca/>

Certificate: option to obtain a 'Digital Badge' of completion from York University

To Register: send your Name and email address to: harvey.skinner@yorku.ca

Coordinator: Dr. Harvey Skinner, Professor of Psychology & Global Health in the Faculty of Health, York University.