



Hello,

Thank you for your interest in the upcoming Mindfulness-based Stress Reduction course located at Cancer Support Community DE, 4810 Lancaster Pike, Wilmington, DE 19807.

Many people all over the world have found mindfulness practice invaluable in unlocking their own natural healing resources and finding a sense of peace and balance in their lives. The many documented benefits of mindfulness practice and of this particular 8-week curriculum include reduced stress and improved mental and physical health.

You can read some of the background of the course at this site:

<http://www.umassmed.edu/cfm/mindfulness-based-programs/mbsr-courses/about-mbsr/history-of-mbsr/>

There are several things that are important to know before committing to the class.

- 1) The class consists of 8 consecutive sessions starting:
  - Monday, April 3, 6:00-9:00pm
  - Monday, April 10,17,24 6:30-8:30pm
  - Monday, May 1,8,15 6:30-8:30pm
  - Plus an all-day retreat on Saturday May 13th from 9-4.
  - Monday, May 22 6:00-9:00pm

2) At the core of the class is the daily homework which takes about 45 minutes per day.

3) The homework is mainly guided meditation on CD's which can be purchased from the teacher at the first class for \$26 (cash or check)

If you wish to purchase the CD's on your own, we have attached the website where they can be found. <http://www.soundstrue.com/store/guided-mindfulness-meditation-3947.html>

An alternative online website (a variation of the CD's) will be provided for those who do not wish to purchase CD's.

As you can see, the course requires a serious commitment of time and energy. For the benefit of the group as well as your own, we ask participants to commit to attending all classes and the retreat. We understand that unforeseen circumstances may arise, and we will work together to support you if that does happen once the class starts.

If you do not think you can make this commitment at this time, we encourage you to request to be placed on a list for future class offerings.

We look forward to meeting you and exploring the benefits of mindfulness practice together.

Peace,

Carmelina D'Arro

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