Meet the Teachers

Lauren Campbell, MBSR Teacher & Practitioner
Lauren is a teacher of mindfulness meditation who loves inviting people into the complexities of their own mind with softness and compassion.

Alison Brown, MBSR Teacher and Psychologist
Alison is a licensed psychologist and the coordinator of the Center for Wellness & Wellbeing at Santa Monica College. She is passionate about teaching mindfulness in college and university settings.

MindfulCSUSM is pleased to host a **free** 8-week Mindfulness Based Stress Reduction (MBSR) course. The MBSR program is one of the most highly respected and researched mindfulness programs, and decades of research indicate that the majority of people who complete the MBSR program report greater ability to cope more effectively with both short- and long-term stressful situations.

As you consider registering for this course, please be aware of the following:

- It is important to attend all sessions of the course, including a half-day session, that is usually scheduled between the 6th and 7th week on a Saturday.
- A personal commitment to MBSR meditation practice of 45-60 minutes daily at least six days per week for eight weeks is essential. The time can be divided into two meditations if desired. Your commitment is essential. It is the practice of mindfulness meditation that will enable you to fully realize its benefits.
- A personal commitment to practice mindfulness in daily living will enhance the benefits of the MBSR practices. We can bring mindfulness to eating, walking, driving, interpersonal relationships, anytime throughout the day.
- In addition to meditation practice, you will have home assignments to complete in preparation for each class session.

This highly participatory, practical course includes:

- Guided instruction in mindfulness meditation practices
- Gentle stretching and mindful yoga
- Inquiry exercises to enhance awareness in everyday life
- Individually tailored instruction
- Group dialogue
- Daily home assignments
- Guided audio files for home practice and a workbook

To register, please complete the Registration form: [https://bit.ly/2TQE00u](https://bit.ly/2TQE00u)