



6 Week Mind Body Skills Workshop

Our Mind Body Skills Group teaches a combination of research-based healing therapies to deal with **life's changes, stresses and illnesses in a calm**, intimate, group setting. During the 6-week workshop you'll learn a variety of techniques based on those designed and taught internationally by the renowned Center for Mind Body Medicine in Washington, DC.

Who would benefit from this workshop?

Anyone can benefit from learning how emotions, thoughts and feelings impact your health. This group can be especially helpful for those living with chronic or life threatening illnesses (such as cancer, diabetes, depression, anxiety or chronic pain) or experiencing high stress from life changes like divorce, death, menopause or empty-nest syndrome, among others.

How are the sessions structured?

Each session begins with a brief talk from our faculty and then focuses on a specific mind-body technique such as breathing, meditation, drawing, dancing, movement, and guided imagery. Our small group size allows you to get instruction targeted to specific issues in your life and share your experience with others. Weekly materials with suggested home practice are also provided.

How have former participants benefited from the workshop?

Former participants have reported a decrease in depression, anxiety, pain and fatigue, and have experienced a heightened sense of well-being, engagement in life and energy.

When and how often does the group meet?

Groups meet once a week for 6 weeks with each session lasting one hour and thirty minutes. There are two different six-week series, daytime and evening, and you can take either or both.

How much does the workshop cost?

The workshop costs \$360 for 6 weeks, which includes the sessions, handouts for each class, and a course notebook. A deposit of \$100 reserves your place in the course with the balance due at the time of the first session. Please note: you will receive a full refund of the deposit if you cancel up to two weeks in advance of the course. With cancellation at two weeks or less, you will receive a credit toward another Blum Center course or class. There is no refund once the class begins.

Transform your practice, light up your life.