

5-WEEK MINDFUL AWARENESS FOR STRESS RELIEF COURSE



Kathleen Bishop, Ph.D.
Samaritan Center

Dr. Kathleen Bishop received her training in Teaching Mindfulness at the Jefferson-Myrna Brind Center for Integrative Medicine in Philadelphia. She also teaches Religious Studies at Rutgers University and maintains a private practice as a psychotherapist and counselor. She holds a Masters of Divinity and Ph.D. from Drew University as well as an Ed.D. in Marriage and Family Counseling from The College of New Jersey.



The Samaritan Center
AT THE JERSEY SHORE

“This 5-week course will teach you skills to reduce stress by tapping into your own natural resources. This evidence-based program has helped many participants to practice positive behavior changes, reverse stress related health problems and improve quality of life.”

Monday evenings

January 23 - February 20, 2017
6:00 p.m. - 8:00 p.m.

**Meridian Integrative Health & Medicine
in Meridian Health Village at Jackson**

Course fee for 5 weeks including CD of guided meditation, course materials, and Day of Mindfulness Retreat is **\$300.00**.

Retreat occurs on Saturday, February 25, 2017

10:00 a.m. – 4:00 p.m.

Course will cover topics such as: Awareness, different types of Meditation (Sitting, Guided, Loving Kindness), Mindful Movement, Yoga, The Physiology of Stress, Responding vs. Reacting, Dealing with Difficult Emotions, Sensations, & Physical Pain, Mindfulness & Compassion and more.

To register, please call 732-994-7855.

**Meridian Integrative
Health & Medicine**

Now part of the Hackensack Meridian Health family