



4 Session Class Series

May 29, Jun 5, 12, 19 at 7pm

\$125 for all four sessions. Includes guided meditation recordings, resource materials, and individualized instruction.

Chatham Club members discounted price \$100.

The Chatham Club

484 Southern Boulevard, Chatham, NJ

Register: (973) 377-1900

This workshop will be led by Patrick Briody. Patrick is a teacher of Mindfulness Based Stress Reduction (MBSR) in the New York / New Jersey area, and an instructor with the Institute for Mindful Leadership. He has been a dedicated student and practitioner of mindfulness meditation for over a decade and has attended many intensive mindfulness retreats with a number of highly experienced teachers throughout the years. Most recently Patrick completed a 92-hour teacher development intensive training taught by senior staff from the UMass Medical School Center for Mindfulness. Patrick also recently participated in a 7-day professional training program under the direction of Dr. Jon Kabat-Zinn and Dr. Saki Santorelli. In addition, Patrick brings years of practical experience in applying mindfulness in the workplace through his 25 years managing large technology organizations on Wall Street.

creative balance
creativebalance.org

patrick briody
973-632-4967
patrick@creativebalance.org

Mind
Training
for
Everyone

mindtrainingforeveryone.com

Mindfulness Meditation in the News

The Morality of Meditation - NY Times July 5, 2013

"MEDITATION is fast becoming a fashionable tool for improving your mind. With mounting scientific evidence that the practice can enhance creativity, memory and scores on standardized intelligence tests, interest in its practical benefits is growing"

"...meditation increased the compassionate response threefold"

"...neuroscientists ... confirm that even relatively brief training in meditative techniques can alter neural functioning in brain areas associated with empathic understanding of others' distress"

How Meditation Might Boost Your Test Scores - NY Times April 3, 2013

"Mindfulness meditation, the ancient and flourishing practice that increases awareness of random thoughts and redirects attention to the present moment, has been used to manage stress, depression and even chronic pain."

"The group that took mindfulness training ... mind-wandered less and performed better on tests of working memory capacity and reading comprehension. ... before the training, their average G.R.E. verbal score was 460. Two weeks later, it was 520."

In Sitting Still, a Bench Press for the Brain - NY Times May 9, 2012

"a study presented at an American Heart Association meeting suggested that the mental relaxation produced by meditation has physiological benefits for people with established coronary artery disease."



About the Course This course is based on the renowned program developed by Jon Kabat-Zinn in 1979, Mindfulness-Based Stress Reduction (MBSR). Since its inception, more than 20,000 people have completed the Mindfulness-Based Stress Reduction Program and learned how to use their innate resources and abilities to respond more effectively to the challenges and opportunities of everyday life.

What is Mindfulness? Mindfulness can be defined as paying attention to whatever is being experienced in the present moment with a sense of interest and non-judgment. This simple and ancient practice, which we all have the capacity for, has been shown to have significant positive effects on mental and physical well-being.

Numerous published research studies over the past 30 years have shown that systematic training of the mind to develop the capacity for mindfulness can result in significant changes in neural, behavioral and biochemical processes. Rather than being an experience we can only access in quiet, special circumstances, mindfulness is a *practice* that we can bring into our everyday experience, enriching our interactions with family, friends, co-workers -- truly every area of our lives.

What to expect from the course

- Guided instruction in several meditation and mindful movement practices
- Practical skills to improve your ability to handle stressful situations and conversations with greater ease
- Gentle full body conditioning exercises to strengthen your body and release muscular tension
- To become increasingly aware of the interplay of mind and body in health and illness, and to improve resilience.