



# California Yoga Center

CLASSES AND WORKSHOPS IN THE IYENGAR TRADITION SINCE 1980

## MINDFULNESS-BASED STRESS REDUCTION

Starts January 8 – Eight-week course with Renee Burgard, LCSW  
Thursdays 7:15-9:15 pm CYC Palo Alto Fee is \$295\*

The Mindfulness-based Stress Reduction Program (MBSR) is designed to help people learn how to deal effectively with physical and emotional stresses. It complements traditional health care with training in stress reduction practices, including:

- **breath training and body awareness practices**
- **body scanning and gentle yoga**
- **mindful (“insight”) sitting and walking meditation**
- **informal practices for daily life**
- **attitudinal and compassion practices**

Renée Burgard is a mindfulness-based psychotherapist and consultant specializing in stress-related chronic medical and pain conditions, anxiety, panic, depression, and PTSD. She teaches MBSR programs and workshops at the Palo Alto Medical Foundation, Stanford University, and other local health and educational organizations.

\*Fee includes: eight two hour sessions (January 8, 15, 22, 29, February 5, 12, 19, 26); one full day retreat near end of course on date TBA; and MBSR resource binder. Class minimum is 12 students; maximum is 25.

**Refund policy**—Fifteen percent service charge for cancellations, no refunds one week prior to the event.

### STRESS REDUCTION

at

### CYC PALO ALTO

541 Cowper Avenue,  
Palo Alto, CA 94301

650-947-9642

[www.californiayoga.com](http://www.californiayoga.com)

To register please make your check payable to CYC and mail to:  
California Yoga Center, 541 Cowper Street, Palo Alto, CA 94301.

MBSR 8-week course starts January 8, 2009. Fee is \$295.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/state/zip \_\_\_\_\_

Telephone & e-mail \_\_\_\_\_