

# Mindfulness-Based Stress Reduction



Join us for an 8-week MBSR program to learn about mindfulness practices to increase **attention, self-awareness, and self-regulation**, as well as tools to cope more effectively with both short- and long-term stressors. No prior experience or knowledge about mindfulness is required.



Gus Castellanos is a Mindfulness Based Stress Reduction (MBSR) & Mindfulness Based Attention Training (MBAT) facilitator. He is a mindfulness coach and a mindfulness meditation practitioner. He received his training at the University of Massachusetts Medical School Center for Mindfulness in Medicine, Health Care, and Society. He is also a contributor and trainer for the MBAT program created by the Laboratory of Dr. Amishi Jha at the University of Miami.

## Dates and time:

Sundays: 10:00 am – 12:30 pm.  
September 24 – November 19.  
All-day session November 5.

## Fee:

UM Student Member of the Wellness Center: \$250  
Member of the Wellness Center: \$350  
Non-member of the Wellness Center: \$400

[Click Here to Register](#)

For more information or questions regarding scholarships email us at [umindfulness@gmail.com](mailto:umindfulness@gmail.com)

Or visit:

[http://mindfulness.miami.edu/mindfulness/  
events/upcoming-events/](http://mindfulness.miami.edu/mindfulness/events/upcoming-events/)

**Herbert Wellness Center.**

**1241 Theo Dickinson Dr., Coral Gables, FL 33146 University of Miami  
Free Parking available.**

This course is part of the UMindfulness Initiative's alliance with the Herbert Wellness Center at the University of Miami.