The Mindfulness Meditation Program consists of eight weekly sessions from 7 p.m. - 9:30 p.m. and one all-day Saturday class.

**SPRING SESSION**
March 31, 2020 - May 19, 2020
Saturday Retreat: May 9, 2020

**SUMMER SESSION**
June 23, 2020 - August 11, 2020
Saturday Retreat: August 1, 2020

**REGISTRATION**
The registration fee is $330. Pre-registration is required.

**CALL TO REGISTER**
650-498-5566

**FOR MORE INFORMATION, PLEASE VISIT**
https://stanfordhealthcare.org/medical-clinics/integrative-medicine-center.html

The Mindfulness Meditation Program in the Stanford Center for Integrative Medicine Clinic is designed to teach mind and body awareness techniques for coping with physical or psychological symptoms from stress and stress-related illnesses. By learning relaxation and awareness techniques, including mindful yoga and body movement, participants are taught to use their inner resources to relieve stress and manage pain more effectively.

**ABOUT THE COURSE**
The majority of participants who complete the program report these benefits:

- Decreased physical and psychological symptoms
- Increased ability to cope with stressful situations
- Improved self-esteem
- Greater enthusiasm for life
- Greater energy
- Improved pain levels or coping with chronic pain

The program can also help complement care of the following:

- Anxiety and panic disorders
- Headaches
- Chronic pain
- Sleep disturbance
- Job and family stress
- Type A behavior
- Heart disease
- Cancer
- AIDS
- Fatigue
- Depression
- Arthritis
- Gastrointestinal disorders

**ABOUT THE INSTRUCTOR**

Mark Abramson, DDS, is the founder and facilitator of Mindfulness-Meditation Based Stress Reduction programs at Stanford Health Care and Stanford University School of Medicine. He trained with John Kabat-Zinn and has conducted these classes several times a year for twelve years. He has practiced dentistry in the Bay Area for more than twenty-five years, specializing in the treatment of chronic pain and temporomandibular disorders, focusing on non-drug oriented care integrating traditional dental approaches with mind/body techniques, osteopathic manual medicine, and acupuncture.