Stress Reduction and Meditation at UNM Continuing Education

Achieve an understanding of complementary wellness practice and therapy foundations that are growing in recognition and acceptance by consumers. Explore the wisdom of using wellness systems as a complement to current western health care practices. Our classes will help you examine practical applications for adopting these practices in your own professional life in order to assist others in achieving optimum wellness.

Mindfulness-Based Stress Reduction
If you’ve ever wanted to learn meditation, you won’t want to miss this amazing opportunity. The internationally recognized Mindfulness Based Stress Reduction (MBSR) is an eight week course that leads participants through a uniquely comprehensive study and practice of mindfulness meditation: what it is, how to do it in our daily lives to reduce stress, manage pain, help with sleep issues, addictions, high blood pressure, anxiety, depression, worry, and more, and how it enables our ability to participate in our health and healing. The course culminates with an all-day meditation retreat, an absolute once-in-a-lifetime experience. Participants receive a four-CD set of Guided Meditations and a comprehensive workbook full of invaluable information, explanations, and tips, useful during the sessions and as you develop your independent practice. This wonderful series of meditations are a direct descendant of the Dr. Jon Kabat Zinn’s MBSR Program and could not be provided without his generous and exceptional guidance.

Course #: 38250  18 hours $290
Section SPA: Jan 23-Mar 13 Th 5:45pm–8:00pm
Section SPB: Apr 10-May 29 Th 5:45pm-8:00pm
Note: Saturday All-day Retreat is March 2 beginning at 9:00am. Location will be announced in class. All are welcome to participate. You do not need a referral.

Mindful Eating and Living (MEAL)
Mindful Eating and Living (MEAL) is a one-of-a-kind program developed by UNM that runs six weeks and teaches participants an entirely new approach to weight loss and healthy eating habits. Participants learn the clinically proven techniques of mindfulness and learn how to hone their skills toward eating and weight issues. Some of the key program points include learning how to apply mindfulness toward food choices, developing a greater awareness toward hunger and satiety clues from the body, and understanding how stress impacts not only how we eat but how we live our lives, and special attention is paid toward developing the stress management tools for a lifetime of health and greater well being. Each class also includes specially designed mindful eating exercises to specifically apply what we learn to a direct experience of mindful eating. Course fee includes weekly sessions, all food for in-class eating exercises, a comprehensive course book and a 3 CD set of guided meditations.

Course #: 38252  12 hours $235
Section SPA: Feb 3-Mar 10 M 5:45pm–7:45pm
Section SPB: Apr 21-May 26 M 5:45pm-7:45pm

Meditation: Toward a Consistent Practice
Whether you are a new or experienced Meditator, you know that the hard part of the practice is doing it consistently. There are interruptions, distractions and, often were just too tired to do it. In this course, you’ll receive skills, guidance and camaraderie as you create a daily meditation practice along with others. Classes will include two guided sits, a chance to learn new techniques, journaling and sharing, plus an instructor-led discussion on the philosophy and science of meditation and what we know about our human mind and our distractions as we learn to overcome these obstacles.

Course #: 38253  5 hours $105
Section SPA: Jan 7-28 T 5:45pm-7:00pm
Section SPB: Mar 4-25 T 5:45pm-7:00pm
Section SPC: Apr 22-May 13 T 5:45pm-7:00pm

Michelle DuVal, MA, is the Director of The Mindful Center, a business devoted to teaching mindfulness meditation for health, healing, and stress reduction. She is also the director and lead instructor for the mindfulness programs at the University of New Mexico Center for Life, the Presbyterian Healthplex, and the New Mexico Heart Institute.

Deian McBryde, ERYT has led workshops and classes across the country, guiding students into greater awareness, personal responsibility and self-discovery through yoga, meditation and mindfulness. Deian received training at the Integral Yoga Institute in New York and the Atma Yoga Advanced Teacher Training school in Los Angeles. Currently, he is completing a new plain-language translation of the 2,500 year old philosophical text, The Yoga Sutras of Patanjali, while also hosting the online podcast, Living Meditatively Pondercast available through iTunes. Find out more at www.LivingMeditatively.com.

For more information:
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To register online please visit our website at ce.unm.edu.