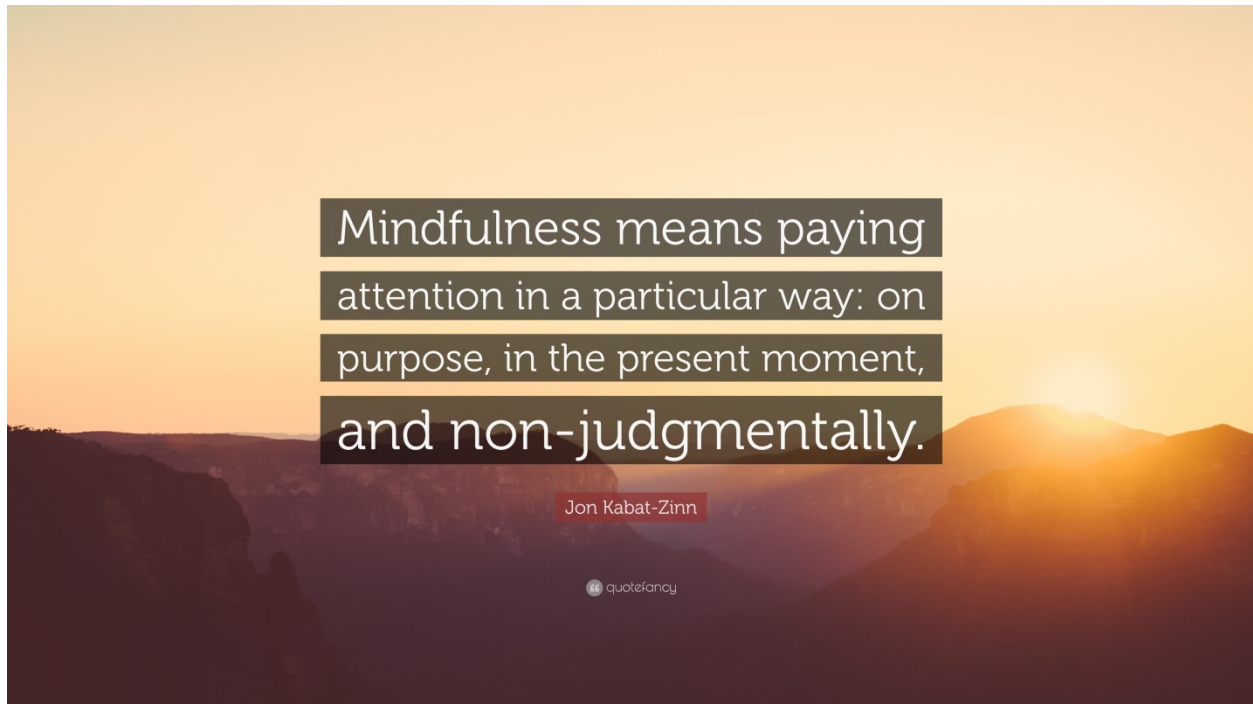


One of our Favourites,



This week we want to re-highlight a resource that we really appreciate. It is a free online version of Mindfulness Based Stress Reduction (MBSR) course, offered by David Potter. We both use this resource ourselves and often recommend it to others.

The MBSR program was created by Jon Kabat-Zinn and has been used for decades now as a way for a wide range of people to use mindfulness in daily life. The MBSR course offers a combination of mindfulness practices, body awareness and yoga movement. David Potter provides a free online way for us to engage with the material. This online course offers a great combination of readings, videos and guided practices to support your learning. Whether you are well-steeped in mindfulness practices or are new to the even idea, this is a valuable resource.

You can simply work away at the material in your own time. There is no need to register to get the experience of the course. However, if you decide to register and complete the course you will be invited to join for monthly “graduate” check-ins. If you choose to access the graduate resources it is available online and you can join virtually.

Check out Palouse Mindfulness: Mindfulness-Based Stress Reduction at <https://palousemindfulness.com/>

Warmly, Becky and Shelley

