## MINDFULNESS-BASED STRESS REDUCTION

**Session 1: Theme:** Developing Mindful Awareness; there is more right than wrong with you; challenges & difficulties are workable

- Raisin Exercise
- Inquiry
- Body Scan
- Inquiry

**Session 1: Practice Assignments:**

- Body Scan x 6 days
- 9 Dots
- 1 daily mindful activity
- Eat 1 mindful meal
- Handouts

## ADAPTED CURRICULUM

**Session 1: Theme:** Developing Mindful Awareness; there is more right than wrong with you; challenges & difficulties are workable

- Sharing Meal with Introductions of instructor and participants and “What brings you here?”
- Yoga Intro with focus on the breath (15 minutes with discussion)
- 10-15 min break
- Body Scan (20 minutes)
- Mindful Inquiry

**Session 1: Practice Assignments**

- Body Scan x 6 days
- 9 Dots
- 1 mindful meal
- Handouts
# MINDFULNESS-BASED STRESS REDUCTION

**Session 2: Theme:** Perception & creative responding; our relationship to stress

- Body Scan
- Standing yoga practice
- Inquiry of Body Scan/standing yoga and previous week’s practice assignments
- Discussion of 9 Dots, expanding awareness of thinking outside the box
- Short sitting meditation, 10/15 minutes, (awareness of breathing - AOB) breath is the primary object of attention
- Mindful Inquiry

**Session 2: Practice assignments**

- Body Scan x 6 days
- 10/15 minutes sitting (awareness of breath)
- Pleasant events calendar x 6 days
- Different daily mindful activity

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# ADAPTED CURRICULUM

**Session 2: Theme:** Perception & creative responding; our relationship to stress

- Check-in during Meal including raisin exercise; acknowledge any birthdays or anniversaries of loved ones lost to homicide
- Body Scan (15 minutes)
- Standing yoga practice with awareness of breathing (10 minutes)
- Inquiry of Body Scan and of previous week’s practice assignments including 9 dots exercise and discussion of perception
- Standing mindful yoga practice
- Mindful inquiry

**Session 2: Practice assignments**

- Body Scan x 6 days
- 10/15 minutes sitting per day (AOB)
- Pleasant events calendar x 6 days
- Different daily mindful activity
### MINDFULNESS-BASED STRESS REDUCTION

**Session 3: Theme:** Pleasure and power in being present, developing a different relationship to suffering

- Mindful yoga
- Inquiry of yoga and of previous week’s practice assignments
- Sitting Meditation 20 minutes, (returning to noticing the breath again and again, maintaining a comfortable and relaxed posture)
- Discussion, conversation, inquiry of sitting meditation

**Session 3: Practice assignments**

- Alternate Body Scan with Mindful Yoga
- Unpleasant events calendar x 6 days
- Sitting meditation (AOB) 20 minutes daily; mindfulness of “automatic pilot” and under what circumstances it occurs; what pulls you away from each moment, what do you not want to look at?
- Handouts

### ADAPTED CURRICULUM

**Session 3: Theme:** Pleasure and power in being present, developing a different relationship to suffering. Include in discussion naming unpleasant emotions, trauma, anger in context of unpleasant experience

- Check-in during Meal
- Sitting meditation, with AOB, maintaining a comfortable and relaxed posture
- Inquiry of sitting, body scan, and mindfulness with emphasis on being embodied through sharing direct experiences of feeling embodied or ungrounded
- Walking Meditation Intro (10 minutes)
- Mindful Stretching/Yoga (10-15 minutes)
- Discussion and inquiry of previous week’s practice assignments
- Short sitting meditation, AOB, expanding awareness to whole body

**Session 3: Practice assignments**

- Alternate Body Scan with Mindful Yoga
- Unpleasant events calendar x 6 days
- Sitting meditation (AOB) 10-15 minutes daily
# MINDFULNESS-BASED STRESS REDUCTION

**Session 4: Theme:** Coping with Stress: responding vs. reacting, awareness of being stuck in one’s life and how to get unstuck; dealing with the shadow side of physical/emotional pain

- Standing Yoga
- Sitting Meditation 30 minutes, breath, body sensations, body as a whole; how to work with intense/painful physical sensations
- Discussion, conversation, inquiry of yoga/sitting meditation and of previous week’s practice assignments
- Coping with Stress discussion, how people often cope by trying to escape; drugs, alcohol, suppression of feelings etc.
- Short sitting

**Session 4: Practice assignments:**

- Alternate Body Scan with Mindful Yoga every other day
- Sitting meditation 20 minutes; attention to breath & awareness of physical sensations
- Awareness of stress reactions during the week without trying to change them; awareness of feeling stuck, blocking, shutting off from experience
- Handouts

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# ADAPTED CURRICULUM

**Session 4: Theme:** Coping with Stress: responding vs. reacting, awareness of being stuck in one’s life and how to get unstuck; dealing with the shadow side of physical/emotional pain

- Check-in during Meal
- Sitting Meditation 20 minutes, breath, body sensations, body as a whole; how to work with intense/painful physical sensations
- Discussion, conversation, inquiry of yoga/sitting meditation and of previous week’s practice assignments including unpleasant events calendar, with yoga interspersed between discussions
- Coping with Stress discussion; include trauma and anger in relation to positive and negative ways of coping with stress
- Short Sitting Meditation and walking meditation practice
- S.T.O.P. practice and discussion
- Loving-Kindness meditation practice for self, loved ones, the class and those we have lost

**Session 4: Practice assignments**

- Alternate Body Scan with Mindful Yoga every other day
- Sitting meditation 20 minutes x 6 days; attention to breath &...
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<tr>
<td>• Standing yoga practice</td>
<td>• Check-in during Meal</td>
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<td>• Sitting Meditation, (40 minutes) breath, body, sounds, emotions, thoughts, (thoughts as mental events), choiceless awareness</td>
<td>• Acupressure instruction for pain, headache, body health</td>
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<td>• Observations of moments of stress over the week and reactions, responses, control vs. connectedness, change and meaning</td>
<td>• Review reacting vs. responding diagrams; interactive Stress Chart</td>
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<td>• Short sitting meditation</td>
<td>• Preparation for Day of Mindfulness retreat, emphasize importance of devoting a day to self-care and exploration</td>
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**Session 5: Practice Assignments**

- Sitting meditation, alternating with mindful yoga/Body Scan
- Difficult Communications Calendar

**Session 5: Practice assignments**

- New Sitting meditation recording with more silence, alternating with mindful yoga/body scan. Optional Loving Kindness meditation
### MINDFULNESS-BASED STRESS REDUCTION

**Session 6: Theme: Stressful Communications & Interpersonal mindfulness**

- Standing yoga
- Sitting Meditation, (40 minutes) breath, body, sounds, thought/emotions, choiceless awareness
- Discussion, conversation, inquiry of yoga/sitting meditation and of previous week’s practice assignments-difficult communications calendar
- Aikido-based Exercise or other communications exercises; role play of helpless, passive, aggressive, assertive etc
- Discuss All Day Retreat
- Short sitting meditation 10 minutes

**Session 6: Practice assignments**

- Alternate sitting meditation with Body Scan or mindful yoga
- Awareness of the “Diet” of what we take in
- Handouts

### ADAPTED CURRICULUM

**Session 6: Theme: Stressful Communications & Interpersonal mindfulness**

- Difficult Communications Calendar
- Awareness of “moments” reactivity and exploring/investigating, using breath to slow things down
- Handouts

**Session 6: Practice assignments**

- Alternate sitting meditation with Body Scan or mindful yoga
- Awareness of the “Diet” of what we take in
### MINDFULNESS-BASED STRESS REDUCTION

**Session 7: Theme:** Integrating mindfulness into daily life; reflecting on lifestyle choices that are adaptive & self-nourishing vs. maladaptive & self-limiting

- Changing seats exercise
- Sitting Meditation, (30 minutes) – Choiceless Awareness
- Discussion, conversation, inquiry of sitting meditation and of All Day retreat and previous week’s practice assignments
- Choosing a favorite yoga pose & participant teaches the pose
- Discussion of issues around the “diet” of what we take in on a daily basis – away from destructive habits to more healthy patterns
- Lake/loving kindness meditation

**Session 7: Practice assignments**

- No CD; choose a daily practice, (40 minutes)
- Informal mindfulness practice in daily life, pay attention to what you put into the body through the sense gates

### ADAPTED CURRICULUM

**Session 7: Theme:** Integrating mindfulness into daily life; reflecting on lifestyle choices that are adaptive & self-nourishing vs. maladaptive & self-limiting

- Check-in during Meal
- Changing seats exercise
- Preparing for class ending; participants choose and teach favorite yoga pose
- Sitting Meditation (? Minutes)– Choiceless Awareness
- Discussion and inquiry of sitting meditation and practice assignments
- Discussion of issues around the “diet” of what we take in on a daily basis – away from destructive habits to more healthy patterns

**Session 7: Practice assignments**

- No CD; choose a daily practice, (45 minutes)
### MINDFULNESS-BASED STRESS REDUCTION

**Session 8: Theme:** Compassionate self-care; review of the program; keeping Mindfulness alive

- Body Scan
- Yoga practice
- Sitting Meditation
- Mindful Inquiry of body scan/yoga/sitting practice and previous week’s practice assignments
- Why did you come, stayed and what have you learned?
- Choose a “formal” meditation practice, informal practice; 3 short term goals (3 months) and 3 long term goals (3 years) that have arisen out of this experience, obstacles?
- Handouts & Closing ceremony

### ADAPTED CURRICULUM

**Session 8: Theme:** Compassionate self-care; review of the program; keeping Mindfulness alive

- Check-in during Meal
- Self-massage instruction for self-care
- Body Scan, yoga practice or sitting meditation (10-15 minutes)
- Mindful Inquiry of practice and previous week’s practice assignments
- Group go-around with participants sharing a personal poem, photos or something meaningful to them
- Discussion of discoveries and plans for keeping up with practices
- Handouts & Closing ceremony with each participant reading and handing out certificate to another with expression of their wish for that individual
- Final meditation