

## MINDFULNESS-BASED STRESS REDUCTION

Natalie K. Anderson, M.A., and Sadaf Lotfalian, M.A.

The benefits of mindfulness in promoting health and well-being have been demonstrated in a growing number of research studies. In this experiential group, you will be guided through basic mindfulness practices that can help reduce stress and improve your quality of life. Participants will have the opportunity to practice skills in a supportive environment and share their experiences with other members. No prior experience necessary.



**Starting October 11<sup>th</sup>, 2017**

**Wednesdays**

**6:30 – 8:30pm**

**\$480 for 8-week course**

**Dates: October 11, 18, 25; Nov 1, 8, 15, 29, Dec 6**

Natalie Anderson, M.A. and Sadaf Lotfalian, M.A. are dedicated to the science and art of mindfulness through research and personal practices. They have led or co-led mindfulness-based groups for stress reduction and addiction treatment. They also conduct research on adapting mindfulness and compassion-based interventions for various populations, including college students and low-income community members.

*We would be delighted to speak with you about how our group might be of benefit.*

*Call us at 202-234-0903 ext. 15 or email us at [info@cognitivetherapydc.com](mailto:info@cognitivetherapydc.com)*

*More information can be found at [www.cognitivetherapydc.com/services](http://www.cognitivetherapydc.com/services)*