

PROGRAM OVERVIEW

CLASS BASICS

- The LEAFS Stress Management Program is a four week program, meeting once a week, for 90 minutes. The information provided at each class session is then used as material for daily practice between classes.
- The program is based on findings in scientific neuroscience research.
- The Mindful Stress Reduction classes use secular meditation techniques – non-religious, non-political, genderless, and no guru.
- The LEAFS program is led by two coaches, Mike Foley and Bill Treadwell.
- The overall goal is to increase awareness of one’s capacity to relax and reduce stress, with the possibility of manifesting other health benefits.

CLASS SCHEDULE

- Week 1 – Present Jon Kabat-Zinn’s mindful stress reduction orientation; introduce basic moment-to-moment meditation
- Week 2 –Body scan meditations
- Week 3 –Additional kinds of meditations
- Week 4 – Review dealing with life stresses and meditation techniques

CLASS ORIENTATION

- There are no hard set techniques; participants evolve doing what works best for them after trying-out and testing various techniques.
- Any physical body position can be used: laying down, sitting in a chair, sitting on cushion cross-legged, kneeling, standing still & walking.
- Rest in a non-doing manner and minimize engagement with the outside world
- Meditation is an individual experience—there is no need to compare your “self” with others. Work at your own pace, with no need to over exert yourself.

HOW ARE YOU DOING?

- Your registration in the program only requests your name and email address and if you do not have an email address your private phone number.
- We will email you a survey (questionnaire from Survey Monkey) two days before the next meeting.
- This will provide you a way to share your experiences during the previous week and present any questions you may have to be brought up in the next meeting.
- If you do not have email, we will attempt to call you.
- The survey will be confidential and not request any personal information (your name, age, income, or gender).
- The survey will be short.