



***Mindfulness Based Stress Reduction***  
*With Mary Ann Evans, Ph.D.*  
***Finding Peace in the Present Moment***

*Feeling Stressed, overwhelmed, anxious, facing a life crisis or illness or just longing to find a place of rest from the pace of modern life? If so, give yourself the gift of experiencing the peace of the present moment, deep states of relaxation and awaken to enjoyment of life's simple pleasures. In this 8 week class you will learn to cope with stress, pain, illness and life challenges. This practice utilizes breath work, mindfulness meditation, restorative yoga and other body/mind techniques to awaken your awareness of simple pleasures, reduce stress, and develop creative ways to extend love to self and others.*

*Dates:* Tuesdays September 13- November 1, 2011  
*Time:* 6:00 - 7:30  
*Location:* Dugan Therapy, 1980 Old Mission Dr, Solvang  
*Information:* 689-0849 or [maebe@verizon.net](mailto:maebe@verizon.net)  
*Fee:* \$250. May be covered by insurance.