



# California Yoga Center

CLASSES AND WORKSHOPS IN THE IYENGAR TRADITION SINCE 1980

## MINDFULNESS-BASED STRESS REDUCTION

Starts June 19 – Seven-week course with Janetti Marotta, Ph.D.  
Thursdays 6:00-8:30 pm at CYC Palo Alto\* Fee is \$275

The Mindfulness-based Stress Reduction Program (MBSR) is designed to help people learn how to deal effectively with physical and emotional stresses. It complements traditional health care with training in stress reduction practices, including:

- **breath training and body awareness practices**
- **body scanning and gentle yoga**
- **mindful (“insight”) sitting and walking meditation**
- **informal practices for daily life**
- **attitudinal and compassion practices**

Janetti Marotta, Ph.D. is a clinical psychologist with a private practice in Palo Alto, and leads mindfulness-based groups, retreats and workshops throughout the Bay Area. She draws on her own long-term meditation practice, and participated in a MBSR professional training program under the direction of Jon Kabat-Zinn, Ph.D.

\*Course dates are Thursdays: June 19, 26, July 3, 10, 17, 24 & 31 in Palo Alto and Saturday July 26 in Mountain View from 1:00-6:00 pm.

**Refund policy**—Fifteen percent (15%) service charge for cancellations, no refunds one week prior to the event.

### STRESS REDUCTION

at

### CYC PALO ALTO

541 Cowper Avenue,  
Palo Alto, CA 94301

650-947-9642

[www.californiayoga.com](http://www.californiayoga.com)

To register please make your check payable to CYC and mail to:  
California Yoga Center, 541 Cowper Street, Palo Alto, CA 94301.

**MBSR 7-week course starts June 19, 2009. Fee is \$275.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City/state/zip \_\_\_\_\_

Telephone & e-mail \_\_\_\_\_