**Mindfulness-Based Stress Reduction (MBSR)**

**Train the Trainer Certificate Program**

Terms 3 & 4, 2019

**8 CEU's in an 8-weekly session Program (CE Broker Tracking #: 20-680150)**

**RSVP to save your seat for this program, by emailing:**[tampa@troy.edu](mailto:tampa@troy.edu)

**(NOTE:** Enrollment for this program is 15 students only for each term**)**

**Location:** Troy University Tampa Bay Site, 5201 W. Kennedy, Suite 110, Tampa, FL 33609

**Time:** 5:30 to 7:30 pm

**Term 3/2019, January 9-February 27, 2019**

**Weekly Schedule**

January 9 Week 1

January 16     Week 2

January 23     Week 3

January 30     Week 4

February 6    Week 5

February 13 Week 6

February 20 Week 7

February 27 Week 8

**Term 4/2019, March 20-May 8, 2019 -**

**Weekly Schedule**

March 20      Week 1

March 27      Week 2

April 3     Week 3

April 10     Week 4

April 17     Week 5

April 24     Week 6

May 1 Week 7

May 8   Week 8

**Information to help your decision to participate in this program**

On the Web page for the MBSR Program at <http://coping.us/mindfulnessneurobiology/mbsrstressmanagement.html> you will find all of the PowerPoints, links to online video’s and Handouts for this 8 week program.

What you need to bring to the first week session: Bring your laptop or a flash drive 15 gb or larger so that you can download the Mindfulness Meditations by Dr Jon Kabat Zinn which will be used in this program.

At Weeks 3 and 4 if you so desire, bring a Yoga Mat if you prefer not being on a rugged floor or sitting in your chair.