

# Mindfulness-Based Stress Reduction Course for School of Medicine Faculty

By Neda Gould, PhD

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Mindfulness-Based Stress Reduction (MBSR) is an evidence-based program shown to significantly reduce symptoms of stress and stress-related disorders, as well as contribute to an overall sense of well-being. This 8-week intensive mindfulness training will include guided meditation practices in a group setting, techniques to apply mindfulness in daily life, gentle yoga, group discussion and home practice with guided audio. Please note, this course is not a training course to teach mindfulness. It is an experiential course to promote stress reduction and well-being.

This course will meet in person on

**Mondays from 4 PM to 6:30 PM**

**January 22<sup>th</sup> to March 18<sup>th</sup>**

*Silent Retreat on Monday, March 4<sup>th</sup> from 12 PM-6:30 PM*

Location: East Baltimore Campus (Room TBD)

Attendance at six sessions, including first session and full day silent retreat is strongly recommended.

This course is free, but space is limited.

**If interested, please email Dr. Neda Gould**  
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