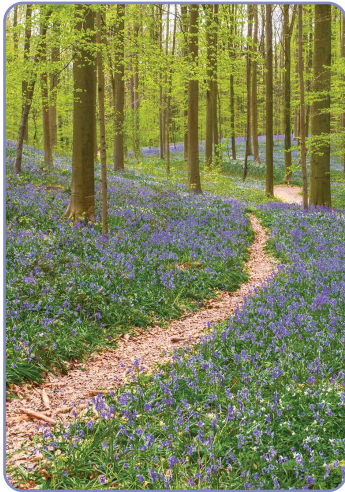


Mindfulness-Based Stress Reduction

NEW SPRING DATES: March 11 - April 29, 2026
Wednesdays 6:30 - 9:30 p.m.



Mindfulness provides a simple but powerful route for getting ourselves unstuck, back into touch with our own wisdom and vitality. It is a way to take charge of the direction and quality of our lives, including our relationships within the family, our relationship to work and to the larger world and planet, and most fundamentally, our relationship with ourselves as a person.

~ Jon Kabat-Zinn, Ph.D.

WHAT TO EXPECT



MBSR has been extensively studied since the late 1970s. Research shows that many people report:

- An increased ability to relax and enjoy each moment
- Lasting decreases in physical and psychological symptoms
- Lower pain levels and/or a better ability to cope with pain that may not go away
- Improved self-esteem, self-acceptance, energy and confidence
- Cultivating powerful inner resources for coping with life stressors
- Developing new habits and mindfulness skills that can be used for the rest of your life

A variety of formal and informal practices are taught:

- Body Scan
- Sitting & Walking Meditation
- Gentle Yoga and Qi Gong
- Mindfulness of Daily Activities
- Interpersonal Mindfulness

Mindfulness-Based Stress Reduction (MBSR) is an intensive eight-week course designed to transform your relationship with stress, improve your health, and increase enjoyment of life.

WHO WILL BENEFIT

Participants come with a range of life difficulties.

These include, but are not limited to:

- Chronic pain
- Caregiver burnout
- Anxiety or panic
- Worry about the future
- Unhealthy guilt
- Type A personality
- Interpersonal problems
- Grief or loss
- Job or family stress
- Cancer
- Headaches
- Sleep disturbance
- Depression
- Skin disorders
- High blood pressure
- Fatigue
- Heart disease

Your benefits depend directly on your own willingness to attend class sessions and to practice daily on your own outside of class. At first, you may actually find you feel more stressed by being in the program! But, if you stay with it, you can discover wisdom and resources you did not realize within yourself. Participants find the program challenging, but pleasurable and empowering as well.

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**All Day Retreat - Saturday April 19, 2026
at Shanti Meditation Hall, Pilot VA**

For more information contact Bridget Simmerman
540-449-9101 or simmermanbridget@gmail.com
www.bridgetsimmerman.com

Classes at:

In Balance Yoga Studio @ VTCRC:

2000 Kraft Dr., Suite 1204

Blacksburg, VA 24060

Phone: 540-961-1030

E-mail: inbalanceyogastudio@gmail.com

Register: inbalanceyogastudio.com

***Cost of program \$550.**

Early registration (prior to Feb 11, 2026) \$495

This fee includes a brief evaluation interview, online audio recordings, and handouts to support your practice. A limited number of scholarships are available. Payment plans available.



Bridget Simmerman, LCSW, E-RYT500, is a psychotherapist with over 39 years of experience. She is currently in private practice in Blacksburg, Virginia. She has been practicing mindfulness meditation and hatha yoga for over 29 years, and has been teaching for the past 27 years. Bridget has completed professional training with the originator of Mindfulness Based Stress Reduction, Dr. Jon Kabat-Zinn. In addition, she holds certification to teach hatha yoga and integrative yoga therapy.