



San Diego
Cancer Research
Institute

Presents a

Mindfulness Workshop for Cancer Patients

Facilitator: Diana Shimkus

Dates: Session #1 Thursday, June 10, 2010

Session #2 Thursday, June 17, 2010

Session #3 Thursday, June 24, 2010

Time: 12pm-1pm

Place: San Diego Cancer Center

1200 Gardenview Rd., Suite 200

Encinitas, CA. 92024

To Register: Please call, 760-634-6661, or sign-up in lobby of Center.

Mindfulness has been demonstrated to reduce stress, increase self-awareness, improve attention, boost the immune system and aid in overall health and healing. These things are particularly important when facing medical treatments that can generate fear, anxiety and uncertainty in any of us. These feelings are natural and their energies can be positively mobilized to help direct you towards improving your health and the quality of your life. By participating with others engaged in similar practices, you can bring increased awareness and energy to your life both through the uniting force of community and the increased confidence and power of your own inner strength. In this way, you are actively participating in your own healing.

This three one-hour mindfulness workshop is modeled after the University of Massachusetts Medical School Mindfulness-Based Stress Reduction Program, which has successfully helped thousands of people with a variety of life stressors over the past 30 years. The mindfulness practices teach you to become purposefully aware of your breath, body, thoughts and emotions as the doorway to the present moment...the one in which you can be most awake, alert and alive. By training the mind and body to respond rather than react to life's circumstances you can cultivate wise and compassionate attention in which to learn, heal and grow. Formal mindfulness practices will require daily intention and commitment on your part during this 3-week workshop period and promises to promote greater ease, improve access to inner resources and cultivate greater health, wholeness and well being.

It is recommended that you wear comfortable, loose clothing and bring a cushion, yoga mat and/or light blanket.