

The City of Mountain View Senior Center presents...  
The initial offering in the artist residency of Keith Urban,  
***Blessings: Sharing our Stories and our Gifts***

# Mindfulness-Based Stress Reduction

***An 8-week series with mindfulness meditation, gentle movement, and group support***

THE STRESS REDUCTION PROGRAM is specifically designed for people experiencing signs of stress.

Mindfulness is the practice of cultivating non-judgmental awareness in day-to-day life, developing the potential to experience each moment, no matter how difficult or intense, with serenity and clarity. One can feel more alive and joyful, and

gain access to powerful inner resources for healing, even in the midst of stress, pain, and illness.

The program is modeled after the mindfulness-based stress reduction work of Jon Kabat-Zinn, Ph.D., at the University of Massachusetts Medical Center and featured in the Bill Moyers television series, "Healing and the Mind."

***Open to anyone age 55 and over,  
and to their family members and friends (invited guests) of any age.***

## INTRODUCTORY SESSIONS

**Mon, June 18, 7-9 pm and Thu, June 21, 1-3 pm**

The first class of each course is also an introductory session for those who wish learn more about the program. ***Drop-ins are welcome!***

## TWO COURSE TIMES TO CHOOSE FROM

**7-9 pm Jun 18 - Aug 6\*** *Eight Monday evenings*

**1-3 pm Jun 21 - Aug 9\*** *Eight Thursday afternoons*

\* Each course also includes an all-day session: Sun, July 29, 9:30 am – 4:30 pm

## LOCATION

City of Mountain View Senior Center, 266 Escuela Ave., Mountain View, CA 94040

## COSTS

***Tuition is FREE (a \$300 value).*** There is a \$40 materials fee for 2 CDs and book.

## INFORMATION / REGISTRATION

Phone: (650) 903-6330 Email: [seniorcenter@mountainview.gov](mailto:seniorcenter@mountainview.gov)

## ***Keith Urban's Artist Residency, "Blessings: Sharing our Stories and our Gifts"***

These Summer courses mark the beginning of Keith Urban's 6-month artist residency, "***Blessings: Sharing our Stories and our Gifts***" at the City of Mountain View Senior Center. Future events, led by Keith and his guest artists in the Fall and Winter, will include courses and workshops in:

- *The Joy of Movement: Being in the Body;*
- *Festive events celebrating and sharing the gifts of elderhood with the community;*
- *The Biology of Aging;*
- *Improvisation for Life;*
- *and other classes and workshops TBA!*

***This residency is made possible by the Silicon Valley Community Foundation / Artist Residency grant.***

*See reverse side for more information....*

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## INSTRUCTOR, KEITH URBAN

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Keith Urban has studied Yoga and mindfulness for over 30 years with Swami Satchidananda, Jon Kabat-Zinn, and other pre-eminent teachers. He is also a celebrated modern dance performer, choreographer, and teacher. He was a founding member of **Toronto Dance Theatre**, and Chair of the Dance Department at **York University**, Toronto. His own award-winning dance company, *Urban and Formolo Dance*, was the first Canadian-based troupe to teach and perform in the People's Republic of China. Since moving here from New York in 2000, Keith has been teaching at **Stanford University's Dance Division** (modern dance technique, improvisation, choreography); **Stanford Continuing Studies** (The Joy of Movement); **Foothill College** (Ballet, Yoga); and **Osher Lifelong Learning Institute** (mindful movement).

*Keith's Website: [www.urbanchi.com](http://www.urbanchi.com), Phone: 1-888-633-8480, Email: [info@urbanchi.com](mailto:info@urbanchi.com)*

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### WEEKLY CLASS TOPICS

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<i>Week 1</i>	Course Intro / Beginner's Mind	<i>Week 5</i>	Acknowledgement
<i>Week 2</i>	Patience	<i>Week 6</i>	Let it be
<i>Week 3</i>	Non-striving	<i>Week 7</i>	Trust / Self Reliance
<i>Week 4</i>	Non-judging	<i>Week 8</i>	Integration

***The Mindfulness-Based Stress Reduction Program can help if you have...***

#### ***Signs of Stress***

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- Bereavement
- Depression
- Divorce
- Fatigue
- Frustration
- Job and family stress
- Substance abuse
- Irritability
- Over/under eating
- Poor concentration
- Worry
- Type A behavior
- Burnout/Low productivity
- Post traumatic stress

#### ***Medical Conditions***

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- Arthritis
- Anxiety and Panic
- Asthma
- Cancer
- Diabetes
- Fibromyalgia
- Depression
- Chronic pain
- Headaches/Migraines
- Heart disease
- High Blood Pressure
- Psoriasis
- AIDS
- Gastrointestinal Disorders

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### GRADUATES REPORT LASTING BENEFITS

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- Increased self-awareness, trust, and acceptance
- More effective coping strategies
- Serenity in the face of difficulties; more accepting attitude to life and challenges
- Decrease in chronic pain
- Lasting decreases in stress-related symptoms
- Significant decreases in anxiety and depression
- Improved concentration and creativity
- Improved immune system functioning
- Decreased symptoms secondary to cancer