Is now the right time for MBSR?

You don’t need meditation experience or a calm mind to begin. MBSR offers structure, practice, and support for working with stress and building steadiness and resilience.

What are you looking for?

MBSR may be a good fit if you want to:

- Get unstuck from cycles of stress, anxiety, or overwhelm.
- Learn to respond with more awareness and less reactivity.
- Explore ways to cope with chronic pain or stress-related sleep difficulties.
- Care for yourself more consistently and feel more present in your relationships.
- Build a regular mindfulness practice with a teacher and people who understand.

What does the course involve?

- **Eight weekly classes:** 2½ hours each.
- **One guided retreat:** 7 hours on a weekend day.
- **Daily home practice:** 45–60 minutes, supported by guided recordings and course materials.

You’ll learn through guided meditation, gentle mindful movement, group discussion, and your own experience.

The course is secular and welcomes adults 18 and older, including beginners.

Is this a good time for you?

A few questions to ask yourself:

- Can I attend most of the eight classes and the retreat? Look at travel, work deadlines, and family commitments over those weeks.
- Am I ready to commit to the program and learn new ways to meet stress, even if life stays busy?
- Can I set aside 45–60 minutes most days for practice, even if that means adjusting my usual routine?

Feeling stretched isn’t a reason to wait. Many people come to MBSR in exactly those seasons.

If you’re unsure whether the time commitment is workable, talk with us before enrolling.

When to talk with us before enrolling

Some situations call for a conversation before enrolling. We can help you consider the timing and support that would be right for you.

- If you have recently experienced significant trauma, are struggling with PTSD symptoms or substance dependence, or have a health concern that could affect participation, talk with us and, if you have one, your healthcare provider. Together, we can consider whether this course is right for you now and what support you may need.
- During an acute episode of severe depression, mania, or psychosis, or if you are having suicidal thoughts, professional mental health support comes first. This group course does not provide crisis care.

If you're in crisis in the US, call or text 988. Outside the US, contact your local crisis or emergency service.

Making the practice work for you

Adapt to your body's needs. Let us know about any physical limitations or accessibility needs. You don't need a particular level of strength, flexibility, or mobility. Part of the course is learning to adapt practices skillfully and compassionately to your body's needs.

Stay in communication. Mindfulness practice can sometimes bring up difficult emotions or increase distress. If a practice feels overwhelming, pause and speak with your instructor.

Continue your existing care. If you are already receiving medical or mental health care, talk with your provider about how MBSR might complement it. MBSR does not replace treatment.

Talk it through with us.

You don't have to figure out the fit on your own. We can answer your questions about the course, the commitment, and whether now feels like the right time.

Contact **connect@pausemeditation.org** to request a free consultation.