

8-Week Mindfulness & Compassion Course For People with Parkinson's

With Dr. Barbara A. Pickut, MD & Carol Hendershot, Certified MBSR Instructors, Live on Zoom

8-Week Class Schedule - Monday, October 10 - November 28, 2022

12:00 - 1:30 pm ET

To Register Michigan Parkinson's Foundation at
<https://parkinsonsmi.org/mpf-programs-educational-programs>

The stress of living with Parkinson's Disease can be physically and emotionally demanding. The practices of mindfulness & self-compassion can support us in our most difficult times. Mindfulness is paying attention to your present moment experience with acceptance and curiosity. Self-compassion is meeting yourself with kindness. Cultivating mindful attention and self-compassion will deepen your ability to be present, help you manage challenging experiences, and create space for wise choices in all areas of your life.

Years of scientific research have shown:

Mindfulness

- Improves stress resilience
- Increases confidence and self-acceptance
- Enhances sleep, focus, and attention

Self-Compassion

- Improves ability to handle difficult emotions
- Enhances acceptance of self and others
- Motivates with encouragement not criticism

You will learn:

- What Mindfulness & Self-Compassion Are
- How perception shapes our experience
- Mindfulness tools to work with stress & anxiety
- Self-compassion for difficult emotions
- To cultivate positive emotions
- Several formal practices including:
 - Sitting meditation
 - Mindful Yoga
 - Supportive Touch & Self-Compassion



Dr. Barbara A. Pickut, MD, MPH, RYT 200

Neurologist, MSU Health Care, Mindfulness-Based Stress Reduction Instructor

Barbara is an Associate Professor of Neurology at Michigan State University, serving people with movement and memory challenges. She is a certified instructor in MBSR from the Center for Mindfulness at UMass Medical School and a certified Yoga instructor. She has been working with people with PD and mindfulness training since 2006.



Carol Hendershot, E-RYT500

Certified Mindfulness-Based Stress Reduction Instructor, Co-Founder, GR Center for Mindfulness

Carol has been teaching MBSR since 2008. She has led hundreds of students through the program. She completed training through The Center for Mindfulness at the UMass Medical School, UCSD Center for Mindfulness, and the Center for Mindful Self-Compassion. She is also a certified yoga instructor.

****This program is educational and experiential and is not a medical treatment****