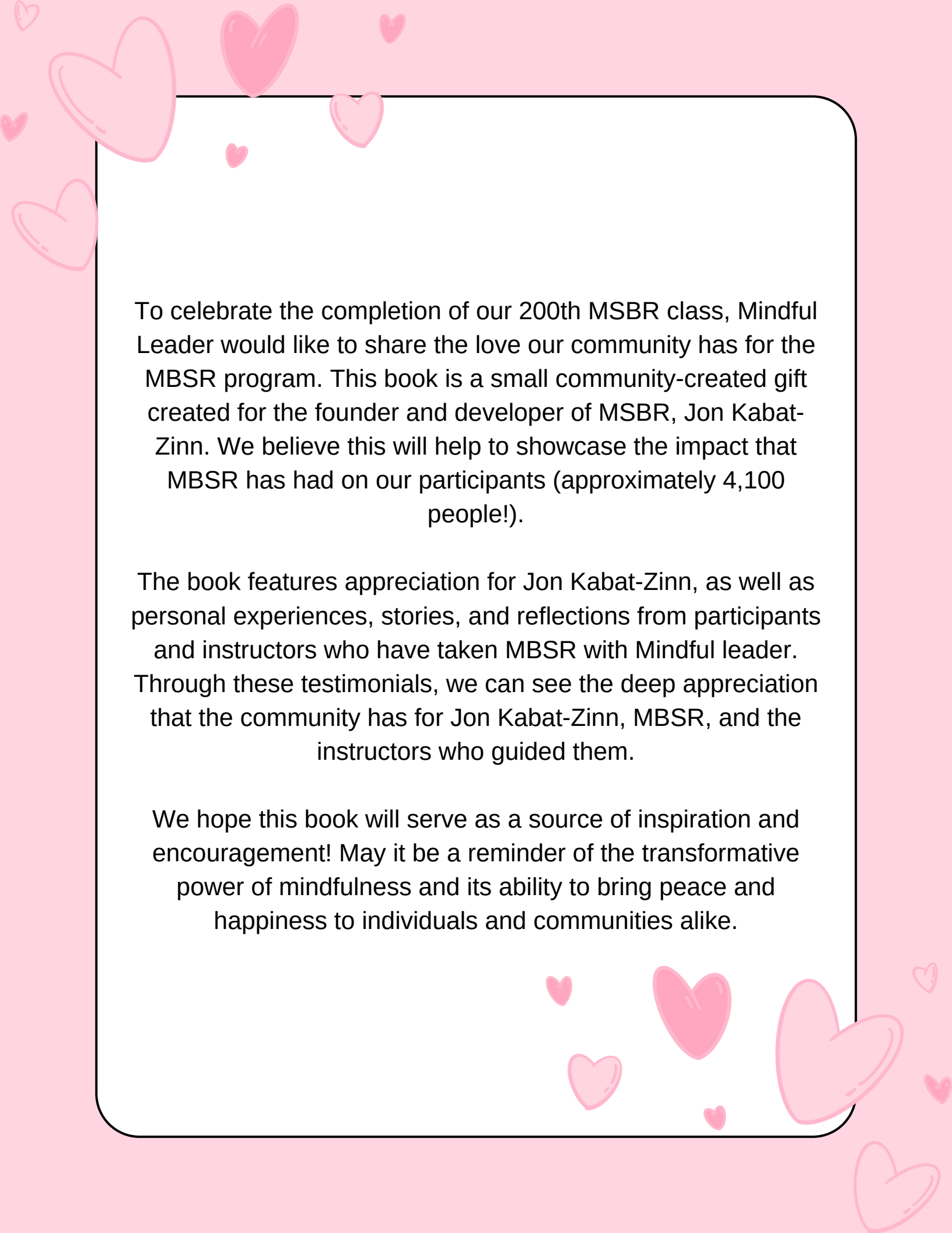


We



MBSR

MBSR Community Appreciation Book  
A Gift to Jon Kabat-Zinn



To celebrate the completion of our 200th MSBR class, Mindful Leader would like to share the love our community has for the MBSR program. This book is a small community-created gift created for the founder and developer of MSBR, Jon Kabat-Zinn. We believe this will help to showcase the impact that MBSR has had on our participants (approximately 4,100 people!).

The book features appreciation for Jon Kabat-Zinn, as well as personal experiences, stories, and reflections from participants and instructors who have taken MBSR with Mindful leader. Through these testimonials, we can see the deep appreciation that the community has for Jon Kabat-Zinn, MBSR, and the instructors who guided them.

We hope this book will serve as a source of inspiration and encouragement! May it be a reminder of the transformative power of mindfulness and its ability to bring peace and happiness to individuals and communities alike.



On Valentine's Day, we gather with glee,  
To thank Jon Kabat-Zinn for his MBSR decree,  
200 classes later, we've spread more Zen,  
Thanks to Jon's teachings, we're mindful women and men.

Our hearts are filled with love and gratitude,  
For this practice that has helped us change our attitude,  
We're more present, calm, and centered too,  
All thanks to the mindfulness that Jon imbued.

So here's to Jon, our mindfulness guide,  
For creating a practice that makes our hearts thrive,  
May MBSR continue to spread far and wide,  
And help us all find the love inside.

On this Valentine's Day, we say with a grin,  
Thanks for creating MBSR, Jon Kabat-Zinn!

The image features a light pink background with a white rounded rectangular frame. Inside the frame, the words "Shared Appreciations" are written in a black, cursive-style font. The text is centered and surrounded by numerous pink hearts of various sizes and orientations, some appearing to float or be scattered around the text. The hearts have a soft, hand-drawn appearance with some shading to give them a three-dimensional look.

# Shared Appreciations





I love MBSR because it is healing and transformational. It has opened my mind, connected me to my body, and softened my heart. And every MBSR class I have been in, from my 1st in 1998 to my 101st in 2022, has been an enriching and inspiring experience. Deep bows and much gratitude to Jon Kabat Zinn for MBSR, which is, among its many benefits, an antidote to the challenges we face today, individually and collectively. Congrats to Mindful Leader for 200!

The picture attached shows me paying attention on purpose, in the present moment,  
nonjudgmentally to Jon  
Gus Castellanos



Jon, we've been engaged with MBSR for 6 years, and it has deeply impacted our lives. Scott walked away from a career as a 30-year corporate executive after MBSR Week 7, and now we are both certified MBSR teachers through UCSD — sharing this gift with others. We had the honor of meeting you in 2019 in south Florida for MSD/ Parkland healing. Thank you!

Scott May and Carolyn Sant Angelo



The 8 week MBSR changed my life. I was going through a challenging period in my life when I found the course. My teacher was Jon Aaron who was brilliant. I have now integrated it in my life and continue to study it. I have way less anxiety than before and I wish I had known about this 20 years go! Thanks!

Julia



I am very grateful for my experience with MBSR. Through my practice I have been able to cultivate and understand the ability of bringing my attention into the present moment, and also regulating my emotions and my response to stress in my environment which has been extremely helpful, not only personally but in my relationships, career an education and it is the current topic of my dissertation.

Jason C Harris



The practice of mindfulness has allowed me to fully show up for my life in ways I was missing before. In being fully present, I feel that I am truly living my life and not busy trying to get somewhere else. Learning mindfulness has also provided an opportunity to share this practice with others as a mindfulness teacher. To witness the transformations in others' lives because of mindfulness is truly an honor. Jon signed my copy of Full Catastrophe Living with "For Bill, In the very same lineage again. With warm best wishes ~Jon"

William McCracken



I was given Jon's book, "Wherever You go there You Are" by a painter who was working at my home shortly after I became ill. Several weeks later I found out about the Mindfulness Meditation Group at El Camino Hospital. It changed my life and I am so thankful to Bob Stahl and staff.

I continued to read Jon's books and I am extremely Thankful for the opportunity to hear him speak again. I dearly and sincerely love and respect his major contributions to making this program available to so many. It has truly changed medicine, lives and the way people react and think about "Being in the Moment." No doubt it will remain and continue as one of the major contributions to humankind. Thank you for speaking with us and sharing your wisdom. You are truly a visionary with super powers.

Dianne Glass




My MBSR course with Mindful Leader helped me to embody mindfulness. Each time i feel lost in my personal practice now, i go back to my journal, where i documented my experience and it helps me to find balance again and again.

And here is a little photo of me bringing mindful listening to Ukrainian children in summer!

Natalia Piskova

I am so grateful for the MBSR program. I have learned to enjoy the sweet moments in life and taught me to be kinder to myself.

Sandra



I began MBSR to help with arthritis pain and ended up experiencing changes in my relationship to my emotions in all aspects of my life. I have an enormous amount of gratitude for Jon Kabat-Zinn's work to promote mindfulness and how my own practice has changed my experiences.

Thank you so much!

Cindy Spyke



The background is a light pink color with a white rounded rectangle in the center. Numerous pink hearts of various sizes are scattered throughout the image, some overlapping the white rectangle and others on the pink background. The hearts have a soft, hand-drawn appearance with some shading.

# Participant Testimonials

**Great**

Classes were great  
Natasha Few

**Wonderful MBSR Course**

Wonderful course content. Wonderful MBSR instructor. Life changing experience.  
Kristy Cook

**Excellent program**

Excellent program. Our teacher was amazing and all the different mindfulness tools we learned were very helpful.  
Karen

**Amazing teacher and I loved the...**

Amazing teacher and I loved the structure of the class. Highly recommend :)  
Kendal Maxwell

**Gentle and profound**

It shifted and reinvigorated my daily practice in a way that was both gentle and profound.  
Suzanne Semanson

**MBSR 8 week course**

Information was easy to follow, challenging and life changing  
Trina Parsons

**It was awesome**

It was awesome, Cheryl is a wonderful teacher and I learned so much.  
Mirit Markowitz

**MBSR Course**

I truly enjoyed the course. It was well organized and the experience with my fellow classmates was unforgettable.  
Jeanette Munoz-Styron

**Foundation of life**

Open heart and curious mind. You get what you give.  
Yen Anh Bui

**Mindful Everyday**

All topics were worked into everyday life allowing for many ideal ways to be mindful  
LButler

**I took the MBSR course and it was...**

I took the MBSR course and it was fabulous  
Martha Sliwinski

**Compassionate**

Compassionate, kind, knowledgeable leader.  
Elizabeth Ferguson

**Transformative experience, great facilitation**

The instructor (Alisha) created a safe space for sharing and learning. The daily practice was clear. The content was transformational.  
Pam Ross

**Terrific content and teacher**

It's hard to imagine a better leader than Alisha Aum!  
David Holowka

**Alisha was calm and professional and...**

Alisha was calm and professional and the pacing and tone were excellent.  
Don Colgan

**learned a lot**

learned a lot. very practical. liked the interactive parts in dyads  
Happy customer

**MBSR Course with Scott May**

The course and especially the instructor Scott May were excellent. Very relevant skills and tools for dealing with the stress of daily life.  
Robert Johnston

**Great experience**

Great experience. I learned alot of stress leaving techniques and the science behind it  
Jennifer Butler



**Enlightening experience**

Enlightening experience  
Nan Cardoso

**I found the course to be educational...**

I found the course to be educational and supportive in my mindfulness journey.  
Danielle Bottari

**Great course for MBSR**

Great course for MBSR, with Alisha Aum. Very beneficial techniques to teach mindfulness.  
Phil Klein

**Well Balanced**

Well curated, highly qualified instructor, clear objectives and outcome. Thank you!  
Shakeh Haroutiounian

**I really enjoyed and learned from my...**

I really enjoyed and learned from my experience with our teacher Gus and the sharing with the group. Thanks a lot!  
Sylvie Bernier

**The classes were very informative and...**

The classes were very informative and our instructor helped make things run smoothly with compassion and caring.  
Mike Darcy

**A great learning experience**

A great learning experience that will last me a lifetime!  
Melissa

**Wonderful source of learning**

Wonderful source of learning  
Gnanendra Sinha

**It was amazing**

It was amazing. I highly recommend.  
Brandon Bdawg

**Awesome**

Peter did a great job keeping Everyone engaged. The training is awesome.  
Brenda

**Terre is an awesome teacher and guide...**

Terre is an awesome teacher and guide through this course. Highly recommend her for any course!  
Cheya

**Great experience**

I learned so much from this course. Our instructor was wonderful.  
Theresa Andrews

**Punita did a great job leading us...**

Punita did a great job leading us during this course. I would recommend it to anyone interested.  
Valerie Lynch

**Thorough and thoughtful program**

Thorough and thoughtful program. My instructor was Peter Calin and he was really great. Overall, a very nice introductory course.  
Carrie Parmenter

**I really like the service provided**

I really like the service provided by Mindful Leader, it has great resources to cope with stress and other daily things  
Marina

**Very positive experience taking MBSR...**

Very positive experience taking MBSR course. Highly recommend. For everyone :)  
Kimberly McCoy

**The course was amazing!**

The course was amazing!  
Cary

**The MBSR online program was very user...**

The MBSR online program was very user friendly and extremely fulfilling.  
Jamie

**I enjoyed this class very much**  
I enjoyed this class very much. Thank you for the knowledge and experience.  
cynthia kimberlin

**Great course content and Punita was...**  
Great course content and Punita was awesome. It checked all the boxes and then some  
Vivek

**Great course**  
Great course, great teacher. Simple and effective. Life changing if you do your part.  
Wendy Thomas

**MBSR Course**  
Best choice I made was signing up for this course!  
Jay Jay

**Great program and great leader!**  
Great program and great leader! I loved Cheryl and my class. I highly recommend this program to anyone!  
Betsy Sullivan

**I really love the way we made a...**  
I really love the way we made a community even though it was a virtual program. It was really what I was expecting.  
Ale Duarte

**Truly meaningful experience**  
Instructor Cheryl Shah was amazing- so compassionate and knowledgeable. I will never forget this meaningful experience  
Aimee Rohrer-Kraemer

**Worth the time and effort**  
This was a wonderful course that taught me so much. Punita is an incredible teacher and guide.  
Michelle Steinke-Baumgard

**I was very happy with my Mindfulness...**  
I was very happy with my Mindfulness Course. I would recommend it to anyone. The class offered so much more than I expected!!  
Lea P.

**Excellent Course for Opening to Mindful Meditation**  
Well organized and professionally conducted to provide a beginning to a new way of being in this world.  
Deb Forter

**I really loved the instructor**  
I really loved the instructor, there was a lovely balance of sitting, walking, and stretching meditations.  
Ciara

**The best eight weeks of my life**  
The best eight weeks of my life. I plan to join yearly. Thank you for the wonderful experience, Peter!  
Andrea Malouf

**This course was absolutely wonderful**  
This course was absolutely wonderful. I established a daily meditation practice that I have continued after the 8 weeks finished.  
Allie

**My teacher Tushar was an amazing...**  
My teacher Tushar was an amazing teacher that always made us feel self, supported and AWARE!  
NAS

**GREAT course and really meaningful...**  
GREAT course and really meaningful experience which was a surprise being fully online!  
Jean Armstrong

**This was an eye opener for me and I...**  
This was an eye opener for me and I learnt a lot about me.  
Bibi Moonsam Moonsam

**Fabulous course**  
This is a fabulous course! I recommend Punita to anyone with a interest in developing their practice.  
Catherine

**Very professional**  
Very professional. I loved the course and got what i was looking for. Mindful leader is a very serious organisation.  
chantal Om

**It was a great 8 weeks I learned and...**

It was a great 8 weeks I learned and grew so much from it. I loved my instructor.

Milagro Ruiz

**Great course**

Great course, great resources, and great guide. Will be continuing my new practice daily.

Ann Klinger

**Mindful Leader is exceptional**

Mindful Leader was an excellent platform to facilitate the MBSR course, which is fantastic all on its own.

Scott P

**This course changed my life**

This course changed my life. I will be forever grateful for Mindful Leader and, in particular, my course teacher, Rose Mina Munjee.

Rebecca Roth

**Excellent class**

Excellent class, and a very sincere teacher (Andy) who truly manifested the teachings of mindfulness. Highly recommend.

Weis Sherdel Sherdel

**Wonderful class!**

Wonderful class with functional, digestible material. The facilitator embodied the teachings, and was amazing!

Charles Clendenin

**Excellent course**

Excellent course! This has been a meaningful life changing experience and I am excited as I continue to discover more on my journey.

Amy

**This was a great experience**

This was a great experience- I will definitely be doing this again. Thanks to the teachers for holding the space

Lisa

**Was everything I expected and needed...**

Was everything I expected and needed for this point of my journey.

Shari

**The course was great**

The course was great, really informative, and peaceful. Good sense of community throughout the 8 weeks.

Andrea

**I love Mindful Leader now**

I love Mindful Leader now. I use the resources often and have been able to take some classes that have been great.

Joe

**Instructor was great**

Instructor was great! She was patient and gave space to people to go at their own pace

Deborah

**Very informative compassionate company...**

Very informative compassionate company in relation to mindfulness !!

Thanks

Lisa

**MBSR**

Taking the MBSR class which has been excellent. Would highly recommend for anyone interested in mindfulness.

Martin

**Very helpful course**

I completely enjoyed this course. Gus delivered in every way. It has changed my meditation and yoga techniques for the better.

Peggi Joan Tabor

**Great experience**

I really enjoyed learning and practicing with the teacher and the group. It helped me boost my meditation routine.

MARCIA

**The program was life and practice...**

The program was life and practice changing. I highly recommend it without reservations.

Leora

**Excellent organization**

Excellent organization, very pleased with their professionalism

James Brooks

**Life-changing experience**

Life-changing experience! Highly recommend Karyn as the guide in that unforgettable journey  
Marcjusz Skolimowski

**It is a great experience...**

It is a great experience and Peter Calin a wonderful and focused teacher, I will take on more courses for sure!  
Rowena



**I learned so much from the group and...**

I learned so much from the group and from Siobhan. It was wonderful to be in community with others aspiring to be more fully present in the world.

Billie Lynn

**Group leader was very good at keeping us engaged...**

Group leader was very good at keeping us engaged, reviewing old material and where we were at, individually, and great group to learn with

Arne Graff

**Life affirming**

I found Peter to be professional, knowledgeable and caring in his approach. I have every intention of continuing what had been a life affirming experience.

Regge

**Peter was a phenomenal instructor**

Peter was a phenomenal instructor. I took many lessons on MBSR as well as towards my role as an educator. This was the most impactful course I have taken so far.

Jetaime Covello

**Mind body connection**

I took the course with Scott May. His gentle calm approach made each session powerful. I enjoyed the flow of each class and felt connected to other members of the group.

Sima Nasseri

**The 8-week MBSR course was fantastic**

The 8-week MBSR course was fantastic. Our instructor, Mr. Pierro Falcj, was a thoughtful, thorough person with very helpful insights. I highly recommend the course.

Srinivas J

**Scott was an awesome instructor**

Scott was an awesome instructor. He made everyone feel comfortable and was knowledgeable about the mindfulness practice.

Gertrude

**This was such a great experience**

This was such a great experience! I learned so much! And the teacher was really great about getting everyone to participate! Definitely worth the money!

Tennille Strode

**It was a lovely course**

It was a lovely course. The teacher was very compassionate and very honest and I connected immediately. The retreat was so wonderful and I felt very supported.

Veronica Ponce de Leon

**Superb**

Not only was the course content and the teacher superb, but Mindful Leaders logistics support was clear and always ready to answer question. Thank you!

Nick Potenzieri

**Mindful Leader MBSR Success**

This course helped me balance my life and deal with difficulties as they arise. I found the class and instructor to be very nurturing, relevant, and supportive.

Sara Baio Baio

**Incredible experience**

The MBSR class was wonderful and I was blessed to have Priscilla as the facilitator. I would highly recommend it to anyone who is interested in learning techniques to slow their mind down and live in the present.

Meredith C

**This was a wonderful experience**

This was a wonderful experience. I am continuing to use the practices taught and continue to gain benefit from them. Gus was a great teacher and so available throughout to answer any questions along the way

Christine Fitzpatrick

**Chronic Pain Management**

I was skeptical taking this course but the skills learned and developed in this course made huge impacts to my quality of life and chronic pain management.

Ken Orkis

**Terre was a wonderful guide through...**

Terre was a wonderful guide through this mindfulness course. The exercises were clearly explained, and the in class practices allowed for immediate questions and feedback. I cannot recommend highly enough!

Ginger Pilarski



**The 8 week MBSR course led by Jon Aaron...**

The 8 week MBSR course led by Jon Aaron was a wonderful experience and given me so much new insight of what I want to do next, the cohort was a great group too, Thanks!

Claudia

**I really enjoyed the 8 week course with...**

I really enjoyed the 8 week course with Punita Thaker. She was knowledgeable and compassionate, which made all the difference since it made me enjoy the course and learn more about myself and mindfulness.

LJUBICA

**Well organized and deeply informative.**

Well organized and deeply informative. I found the MBSR course content in-depth and the instructor was wonderful. An excellent addition to my continued learning!

Jane

**The MBSR course is a great training for...**

The MBSR course is a great training for everyone, well organised and delivered by Mindful Leader and instrumentally delivery by their instructor.

Flora Bami

**Terre was warm**

Terre was warm, organized, professional, aware of each individual and monitored what the group needed. Our class had a great comfort zone because of her acceptance and kindness.

Louise Neale

**The class was an amazing experience**

The class was an amazing experience! Terre was a wonderful teacher and made sure everyone felt safe to have their best experience possible.

Karen Walker

**The course was amazing**

The course was amazing . I loved Punita she was a wonderful facilitator . Her gentleness and calming nature guiding us through the meditations was perfect . I look forward to experiencing and continuing my practice .

kellie weiss

**Tushar is a fantastic group leader**

Tushar is a fantastic group leader, full of compassion, patience and understanding. I am feeling very fortunate to have been a member of this group.

Tyler Green

**Well structured 8 week course with...**

Well structured 8 week course with wonderful session leader who guided and challenged me. Feel motivated to continue down the path of mindful living.

Christine Brown

**The MBSR course was wonderful**

The MBSR course was wonderful, insightful, challenging in a good way! Our instructor Alisha really created a beautiful environment and guided us through all the difficult and amazing moments of this 8-week-programme.

Maya

**Very enjoyable course**

Very enjoyable course. The instructor and students were strongly invested and participated fully. The retreat was particularly restorative and the daily exercises nourishing.

Karen Villanueva

**The 8 Week MBSR program at Mindful...**

The 8 Week MBSR program at Mindful Leader is wonderful. Alisha our instructor is wise, experienced and guides her students beautifully through this road of mindfulness.

Alejandra Molina

**Truly an excellent course covering many...**

Truly an excellent course covering many aspects of mindfulness practice. Very practice oriented with extensive in session and "homework" practice sessions. Highly recommended.

Jeffery Keffer

**Great MBSR class series**

Great MBSR class series! Knowledgeable and dedicated instructor, committed fellow practitioners in the cohort. Highly recommend any offering by teacher Punita Thaker!

M.C.

**I really enjoy the program**

I really enjoy the program. It helped me understand more about mindfulness and meditation. I'm excited to put it into everyday practice.

Karas S Wright

### Highly Recommend

The 8 week MBSR course was everything I hoped it would be. I plan to use what I learned for years to come. I highly recommend the course.

Kristine Miller

### An awesome class

An awesome class! Punita was kind, attentive and amazing. I learned so much and will continue with these practices for years to come. She was so organized and calm, it was great!

Kathleen McGarry

### The MBSR course was exceptional

The MBSR course was exceptional! It exceeded my expectations and I ended up learning so much about myself. Also, there were so many good tidbits that I can use in my professional practice.

Amy

### Was a Great opportunity to have this...

Was a Great opportunity to have this training in my life .. hope to get a teacher training one day to spread this beautiful and amazing mindful life!!!

SEONGRYUNG LEE

### The experiential way with reflection...

The experiential way with reflection being important was the key for me. The participants learn't from doing the practice itself. Peter Calin was excellent.

Peter Davies

### Karyn was a wonderfully warm teacher...

Karyn was a wonderfully warm teacher with abundant knowledge and experience. Committed to her students and responsive & timely. Would highly recommend to anyone interested in mindfulness. Thank you!

Terry

### This group was very helpful and the...

This group was very helpful and the information came frequently and was complete. It made getting into mindfulness very low stress

Barbara Yehsakul

### Incredible Experience

I thoroughly enjoyed the flow of the program, the opportunity to connect and share our experiences with each other and to gain a deeper understanding of how we can bring mindfulness into our everyday lives.

Katie Pope

### Why my mindful teacher was excellent (Linda Brown)

Linda was an excellent and knowledgeable teacher. She was always prepared, very mindful, and very calm.

She created an atmosphere of acceptance, compassion, and learning. I would recommend her to anyone.

Firouzeh Sharifi

### Great online programme

I am grateful to get the possibility to follow this programme remotely. The Mindful Leader team was always helpful at sending reminders timely and to support you when needed.

Solene

### The administration team was helpful ...

The administration team was helpful and efficient. From registration to orientation was smooth. My instructor was amazing her energy was always positive and open.

Deniece Williams

### I loved the entire experience

I loved the entire experience! Arlene is a warm and caring teacher, and I am grateful to have deepened my mindfulness practice in such a welcoming class.

Christine F.

### The best investment I've ever made

The best investment I've ever made in my life. Our teacher, leader and guide Cassie was very courteous, polite and respectful... No doubt, I will do it again.

Miguel Jalandoni

### Loved this MBSR class-it was super...

Loved this MBSR class-it was super helpful, Cassie's instruction was wonderful, and I thought Mindful Leader did a great job of facilitating.

Keshia Wagers

### Very beneficial program

Very beneficial program. I learned more about myself and how I operate. Giving me the opportunity to naturally become the person I want to be! Thanks

Mike C



### **It will change you!**

I'm so pleased that I chose Mindful Leader as my introduction to Mindfulness. I completed the MBSR recently and it has changed my life. Great people and tutor. Thank you 🙏  
Highly recommended

Lyra

### **Surpass my expectation**

The MBSR training respect their comitment. The trainer was professional and listen the participants needs. The experience was fullfilling and memerable.

Raymond Martin

### **The MBSR training was true to its...**

The MBSR training was true to its original form. Punita kept our community engaged and active through her careful guidance and authentic connection with the material and with each of us.

R Razza

### **This MSRB course with Cassie was a true...**

This MSRB course with Cassie was a true blessing. It equipped me with the tools to navigate through my life and all of it's ups and downs with a greater sense of peace. What a wonderful gift!

Andreia

### **I thoroughly enjoyed the training and...**

I thoroughly enjoyed the training and for Cassie did a fabulous job. The training is transformational. I appreciated her organization and the timeliness and delivery of all course communications.

Kelly

### **So well taken care of**

Gus is well-prepared, dedicated, wise, kind and generous with his time and wisdom. I have never felt so well taken care of in a class like this.

Geraldine Hodson

### **Patrick led the session so well**

Patrick led the session so well, knowledgeable, kind, very clear and open. The small group we had fully participated & I got so much out of it. Many thanks & gratitude for these past 8 weeks.

Kristine

### **Loved the 8 week mbsr course**

Loved the 8 week mbsr course with Terre. It completely changed things for me and I will continue to practice what I've learned and implement it into my daily life. Thank you!

Kelly

### **Excellent mindfulness introductory...**

Excellent mindfulness introductory class. I learned more than I thought I would and the class has provided me with the foundation I needed to practice mindfulness daily.

Ron Norrish

### **Very powerful experience**

Very powerful experience, have many good new step of inner and external journey, and personally new insights, thank you so much for good class and good approach.

Al Imran Karim

### **The MBSR course was an excellent...**

The MBSR course was an excellent resource to understand the broad array of meditation options. The course offers substantial resources that remain available even after the course.

Shannon Frye

### **Excellent mindfulness course**

Great course intended for everybody who wants to slow down mentally and for somebody who wants to finally and successfully cope with negative stress.

Michal Kopčan

### **I recently completed the 8 week MBSR...**

I recently completed the 8 week MBSR program. The program was amazing, instructor was masterful at providing the content and creating connections in a virtual world.

Gino DeMaio

### **Great instructor**

Great instructor: 1.Explaining method clearly 2.Presenting the guidance and concept with patience and kindnesses. 3. provide great topic for group meeting 4. many more...

Alice Wang

### **I took this workshop intending to have...**

I took this workshop intending to have another tool in my kit as a teacher. I was amazed at how necessary for my personal growth the content turned out to be.

Beth

### **MBSR and mindfulness**

I am grateful I was able to attend and take the MBSR for the past 8 weeks. MBSR provided me with the tools I need to continue my journey of mindfulness.

Greg

### **Great training!**

This has been a wonderful experience of deeper mindfulness practices. The live group sessions really helped to feel more deeply connected to the practices and learning.

Katie

### **The MBSR class with Cassie**

The MBSR class with Cassie has been a good experience and meets my expectations for a high quality class. Cassie is an excellent and caring teacher.

Jim K.

### **Welcoming & supportive**

I chanced upon Mindful Leader & my encounters so far are encouraging, supportive--feels like a good direction to be moving.

Luca

### **I really loved my experience with Tushar**

I really loved my experience with Mindful Leader. My instructor was present and always open to new ideas and welcomed us in a personal and professional manner each day.

Ciara

### **Tushar**

Tushar, is a wonderful leader with great skills in leading discussion groups. He is able to summarize others thoughts and ask succinct questions. I appreciate his kindness and caring. I wish him safe travels!

Sharon

### **Thoughtful introduction to meditation**

I have been really impressed with the MBSR program so far. It is well organized and thoughtful, and I really appreciate our group leader's gentle guidance and encouragement.

Kathryn

### **Arlene was exceptional**

Arlene was exceptional. Listening to her soothing voice on the recordings became my favourite time of day. Here 1:1 call was exceptional, and her group facilitation was second-to-none. Can't say enough about it.

Samantha

### **This is a great offering**

This is a great offering. Love the support, the teachers and opportunity to grow. It's comforting knowing you're always there to support on-line. Thank you so very much.

BH

### **I had an surprising experience**

I had an surprising experience, I loved the pace of the course. content and it was lead with such passion, accuracy and realness. Loved it Thank you.

Doreen

Doreen Powell

### **MBSR review**

This was a wonderful course and Tushar was a fantastic leader!! I am excited for the start of my mindfulness journey and MBSR being a great foundation.

NN

### **8-week MBSR Course**

The 8-week MBSR course was comprehensive and informative. I had an excellent teacher and made lasting connections with my cohort.

Naomi

### **Mindful Leader is a great resource**

Mindful Leader is a great resource! Brenda Fingold is a treasure and taught me so much! Loved the program and will definitely be taking more

Danielle

### **Sincere**

Sincere, experienced facilitators. They were clearly dedicated and had excellent facilitation skills which made me feel included and respected.

Kiran

### **Tushar was amazing**

Tushar was amazing! The only thing that could be improved upon is receiving the classroom reminders a bit earlier in the week. For example, the daylight savings reminder was sent out too late.

Me

**Thoughtful and Kind Programming**

I am so happy with the thoughtful practice given by these two practices teachers. They exemplify calm, mindful awareness and provide us students with ways to discover our own. Thank you so much.  
Tricia

**Excellent training**

Excellent training! Tushar is fabulous. Only suggestion is to simplify/standardize the technology backbone for assignments and communication.  
Marti



**Take the course, so much insight, no regrets!**

Peter made my 8-Week MBSR experience so insightful and supportive! I am so honored to have shared this experience with him and my group. Go into the MBSR course with no expectations, that is where you will gain the most from this course with a beginners mind. Thank you Mindful Leader and staff!  
Chara

**Amazing community**

Great teachers, very knowledgeable! MBSR & CWMF course materials are detailed & plentiful! Mindful Leader is fully aware of what mindfulness is and where the world is going 🌟  
Nicole V.

**Priscilla was an excellent facilitator**

Priscilla was an excellent facilitator. She held space in ways that made the experience feel safe, educational and inspirational. Also, the administration of the program was on point, timely and accurate.  
Carolynn

**Mindfulness for stress reduction class was very worthwhile.**

Peter is a wonderful leader. This class was offered over 2 months meeting once per week. The structure and pace fit nicely into my schedule. Learned a lot about myself and how to practice mindfulness.  
Maria

**MBSR 8-week Course**

Terre is amazing - patient, understanding, and effective. The course will be (and already has been) of great use to me both professionally and personally. I look forward to sharing what I've learned and continuing to integrate the principles into my life and practice.  
Christine Wolff

**This 8-week experience was truly profound.**

This 8-week experience was truly profound and offered me tools to deepen my mindfulness practice. Punita held so much space for the class and recognized the challenges that come with the process. She offered so much kindness and care around every participant. Much gratitude.  
Nicole Carter

**Great experience, would totally recommend**

This MBSR experience was great. I learned a lot about myself and was able to deepen my meditation practice. I really appreciated Punita's teaching style--she's was wonderfully patient and her guided meditations really helped me cultivate self-compassion and honoring my present moment state. I would definitely recommend!  
Vanessa

**I loved this class**

I loved this class. I was able to do a lot of inner work, while also connecting to like-minded people and being part of a community. I learned so much, and I highly recommend Peter as an instructor. I will be using lessons from this course in my personal and professional life.  
Ariana Lee

**Life Changing Experience for All**

This mindfulness class was such an enlightening experience. I've noticed such a change in my habitual thoughts, gratitude, and appreciation for the little things in life. It truly changed my life and has me smiling more than not on a daily basis. I'm so grateful for our guide Peter, who is so caring and full of so much wisdom.  
Carolina Sanchez

**My MBSR course was amazing**

My MBSR course was amazing. The teacher is very knowledgeable, grounding, and has a great sense of humor. I gained many skills to help me practice mindfulness on a daily basis, and I can see how having a regular practice has helped me.  
Andrea S.

**I loved**

I loved, loved my experience and journey during MBSR classes on Sundays. Gus was amazing and incredible teacher, guru, professor, and instructor. I learned so much from him. I know, I will utilize everything I learned in my personal and professional career.  
Kashfia S.

**Would recommend...**

Learned a lot in this course to kick start my practice and explore different ways to enhance my mindfulness. The atmosphere was supportive and created a brave space to explore and learn  
Kara Barnard

**Recommend for your journey to mindfulness...**

This class was a wonderful, thought provoking experience that has enlightened me in ways I never expected. I recommend this to anyone that wants to take the time to learn about themselves and how to be a better person. Gus is an exceptional teacher!

Ohio

**This is my second time taking MBSR**

This is my second time taking MBSR. The first time was in 2002. I really enjoy the surprising benefits that I don't expect or look for. The practice is still not easy for me as it was the first time around but I trust in time if I continue it will get there.

Stephanie Besson

**MBSR was exactly what I needed**

MBSR with Cassie from Mindful Leader was an incredibly comprehensive, deep and thorough introduction to the practices. Cassie's invitations were gentle, effective and kind. I'm so appreciative of her class and would recommend it to anyone who wants to experience the benefits of mindfulness based stress reduction.

Amy Phoenix

**The course was great and Terre Passero...**

The course was great and Terre Passero is a wonderful trainer/teacher/leader! Thank you Terre and keep up the great, important work you are doing with Mindful Leader - you are needed and appreciated! I highly recommend Terre for a raise and a promotion!

Brian

**Amazing!!!!**

I usually don't like to participate in reviews but this time is different. I enjoyed every minute of the Mindful Leader class. Tushar Bhagat Was absolutely amazing!!! His skills are incredible and I would HIGHLY recommend taking his class!!!! Sincerely,

Laurel

Laurel Mitchell

**Priscilla provided a safe and...**

Priscilla provided a safe and informative setting. This setting enabled me to put into practice learned concepts. I feel that I have tools to not only aide me in times of stress, but to improve my overall sense of well being. Thank you.

JoAnn

**This service was important to me to...**

This service was important to me to help with stress and chronic pain. First-time meditating. Learned everything I need to know to continue this in my life. Course leader was extraordinary. Worth the money spent. Would recommend for sure.

Patricia Dowd

**Karyn Sandalman is a sincere supportive...**

Karyn Sandalman is a sincere supportive leader. She genuinely invested herself in our success in establishing our personal mindfulness practice. She became a true guide for me in that process as well as guiding a sense of community among all participants that contributed to our collective potential for success.

Marion Sheldon

**A Pleasure**

The class was educational and useful. Instructions were clear, class activities and assignments were applicable and enhanced my mindfulness practice. The instructor is obviously and expert in the field, was appropriately corrective and responsive to students with questions or concerns.

Laural Rice

**I had a great experience with this...**

I had a great experience with this course and would highly recommend it. I got what I was hoping for and so much more. Peter was a wonderful guide and I feel like his words will stick with me for a life time! If you're thinking of taking it just go for it, I think everybody could gain something from this experience.

Brooke Gagne

**Gained more than I expected**

This course was a great way to hold me accountable for creating a consistent mindfulness practice. The space was very safe and welcoming! I was pleasantly surprised with how much I gained from the course. It gave me whole new perspective of meditation. I highly recommend this course!

Shelly M

**This was one of the best workshops I...**

This was one of the best workshops I have attended. The quality of material, instructor, and delivery was well beyond my expectations. I learned so much during the eight weeks, both in practical knowledge, as well as in applied skills.

Great job!

Paul Fisher



### **Linda was extraordinary**

Linda was extraordinary. I was apprehensive about how the experience would be online and I am so glad I signed up for it. It was a wonderful learning community guided by an outstanding experiential teacher. I highly recommend the course!

Susan McCabe

### **The class was fantastic**

The class was fantastic. What a tremendous experience. Jon was so insightful and warm. The environment he provided was safe and embodied growth and learning. I can not wait to further my studies and one day be able to provide the same environment. Thank you Jon.

Carissa Horton

### **This was an intense but beautiful...**

This was an intense but beautiful experience. I learned so much about myself and clarified a lot of misperceptions I had about mindfulness and meditation. I looked forward to every session with my instructor, Alisha. It was exactly what I needed.

PATLEE CREAMY

### **Note of thanks!**

It was an excellent group and personal discovery and learning journey! Thank you so much for all that you do for humanity especially during this difficult time around the world to lift up the collective consciousness. Keep up the good work.

Anonymous

### **Gratitude**

The practice of mindfulness will be a life long journey and this class was a beautiful way to get started. I had some struggles and challenges, but it was always nice to have the community of people to share thoughts and ideas.

Janet was very patient and understanding and did a wonderful job with the class. Thank you.

Alison Pierce

### **Amazing course!**

Janet was a fabulous leader/educator. I loved our group and looked forward to hearing from and speaking with everyone each week. I have learned tools and insights that has helped me adjust how I handle situations on a daily basis!

Julia Wyper

### **Great way to build a consistent meditation practice**

Really good course. For me, it was hardest to maintain towards the middle of the course. I'm glad I stuck it out. Still maintaining my new, meditation practice throughout the week consistently, which was exactly what I was looking for.

David Shaku

### **I really enjoyed the MBSR training and...**

I really enjoyed the MBSR training and especially sharing the experience with others in the class. I thought the teacher was first rate and so generous with sharing his experience and time with me. I highly recommend this class,

kevin hutt

### **An experience of a lifetime!**

This course was structured so well and added so much value to my life. Ted and the rest of my classmates made this experience one I will remember for the rest of my life. Very grateful for the tools and community I gained from this experience.

Heather Wayne

### **MBSR was a fantastic experience**

MBSR was a fantastic experience! The structure of the course was designed well and lent itself to a supportive, expansive experience. And our course leader was excellent. He managed our sessions with grace and compassion and provided helpful insights.

Cory Bryant

### **Attended the Mindfulness Based Stress...**

Attended the Mindfulness Based Stress Reduction Training and loved it. Bonded deeply with some amazing people who shared how their learning was improving their lives. Can't say enough about how valuable this training is in very troubling times!

Ben Biddick

### **I highly recommend this session**

I highly recommend this session. Experienced Teacher. Administrative support is good. If you are looking to start a mindfulness practice then you came to the right space. Thank you also for the flexible payment scheme and financial support you provide from time to time. I am grateful to have availed it.

Arianne Joy Olegario

### **Fabulous experience**

My experience with mindful leader was fabulous from start to finish. They have great customer service. My teacher, Mary Beth, was an amazing person and very qualified. I am thinking of doing another training with them very soon.

Aurélie Rimbaud

### **Very rich experience.**

Very rich experience. The facilitator was great. Very warm and respectful. Too much to learn from the program that helps and enrich my everyday life at the time that opens a very real interest of continuing experience and grow in this kind of experienced

Angelica Lara

### **Like peeling back the layers of an onion**

I have meditated on my own and using a variety of apps for the past few years.

The 8 week MBSR course was like peeling back the layers of an onion. I was able to gain a much deeper understanding of the practice and myself in a short amount of time and developed skills that I will carry with me for the rest of my life. Highly recommend to everyone.

M Woods

### **I wholeheartedly recommend this program**

I participated in the mindful Leader Class, and it was a fantastic experience.

Our instructor, Karyn, was gentle, empathetic, and an example of what a caring person is. The exercises and homework were appropriate to help build skills and expertise in the practice of mindfulness.

Audrey B

### **This program is excellent for...**

This program is excellent for beginners and advanced practitioners alike. The program is designed to bring a sense of community to the group and allow for sharing of whatever comes up in a non judgemental nurturing way. My teacher was very approachable and gentle, as well as knowledgeable. I feel that the techniques I learned will help me long into the future, and I am grateful.

Diana Reed

### **I signed up thinking this course would...**

I signed up thinking this course would help me better understand the science and health benefits behind mindfulness.

It turned out to be a completely experiential and transformational course. Sometimes, the simple things are far more powerful than the complicated ones. We learned all the techniques of making mindfulness a daily practice and way of living.

Sharon Singh Sidhu

### **I really enjoyed Cassie!!**

I really enjoyed Cassie!!! She was great in all respects. I would highly recommend this course to anyone. The people who took the course with me were amazing and there was a lot of interaction between us and the teacher.

Highly recommended!!

Bryan Clem

### **I loved it**

I loved it! It amazed me how Mary Beth engaged the group in the activities. I thought it will be challenging since we are using zoom. Thank you so much for offering this great tool especially in these moments when we need it the most.

Brenda Tapia

### **8 week MBSR course**

I completed the MBSR 8 week course and I absolutely loved it!!!! I thought it was going to teach me how to breathe and meditate, but it was so much more. It opened my eyes to myself, the world, and where I was wasting time in my daily activities. Most of all, it helped me to find peace. I would highly recommend this to anyone who has even the slightest curiosity about mindfulness.

Jason Pillard

### **Mbsr - ideal course to learn more about yourself**

Absolutely loved the course, I learned so much about myself and how I react to situations. The style and pace of the course was perfect for me, the guide struck the ideal balance of providing information and leaving space to understand my own reactions.

Aileen Baxter

### **Wonderful!**

This whole experience and Dr. Arlene Gordon especially has been wonderful and so insightful. I highly recommend this experience to those wanting to learn more about mindfulness, and more importantly, themselves.

Micaela Krusemark

### **I found the MBSR course to be very...**

I found the MBSR course to be very beneficial. The instructor was very knowledgeable and helpful. The course content enabled me to grow my meditation practice and made me aware of many other opportunities and resources.

Lori Wood



### **Punita was absolutely an amazing...**

Punita was absolutely an amazing instructor, I felt safe, seen and heard by her. The way she engaged was honest, loving and compassionate. Would highly recommend her as someone who has dealt with trauma in my life, Punita was always supportive and kind through the process.

Andrea Steele

### **The material**

The material, exercises, and conversations were well curated and delivered. I would recommend the course as both an introductory meditation course and for experienced practitioners. I was surprised how the work has impacted my own experience of reduced stress in my life.

Brandon Hagen

### **Punita is a gifted and talented...**

Punita is a gifted and talented instructor. With her uplifting, soft-spoken voice, she inspired us to experience MBSR in our own way and own time. It's not often that an instructor can be inspiring, disciplined, and grounding at the same time. I would welcome an opportunity to learn from her again.

Erika Chee

### **Dr Linda Brown**

Dr Linda Brown was nothing less than incredible. She guided our class in a way that truly melted and formed us into a group working on each of our individual struggles. She is a fantastic instructor and I am forever grateful for the experience! The practice itself was wonderful working on being more mindful.

Anonymous

### **What ever will be, will be**

I would like to express my gratitude for such an open and honest environment created by the instructor, "Patrick", I better understand what is meant by holding space and allowing whatever to be just as it is in that moment to be.

Patricia Sparks

### **Cannot Recommend Strongly Enough.**

Communication from Mindful Leader has been consistent and effective. The MBSR course has been very helpful. Gus Castellanos is an excellent instructor and communicates succinctly. I am very glad that this was available remotely, as I never thought taking MBSR would be a viable option given how far away from UMASS I live. Will recommend. Will likely take again in the future.

Andrew

### **Mindful Leader is a well thought out...**

Mindful Leader is a well thought out program that provides extensive resources to each student. The program is most helpful when trying to plan and create a program that fits your work environment. It does not provide a one size fits all program, but guidelines and steps to develop a personalized program for your workplace. -Melanie Harms,

Educator  
Melanie

### **Bless them**

I have loved the personal transformation. By the end of my MBSR course, I felt like something had 'shifted' inside of me. Like a void that had existed for a long time had been replaced with spaciousness and gratitude instead. Looking forward to learning more from Mindful Leader.

Somya

### **I took the MBSR class in the Fall and...**

I took the MBSR class in the Fall and have integrated many of the skills I learned in my job and my personal life-- basically a very rewarding experience. I also want to say that I enjoyed the experience and authenticity of the leader, Mary Beth Stern.

Randall Ingate

### **Plenty of Options**

There are plenty of options available on the Interwebs for MBSR classes. So its best to decide what is important for you. For me it was picking a class that is well organized, good technology, great facilitators, and excellent track record. Mindful Leader checks all those boxes and more!

Luis

### **Open Up New Opportunities**

Mindful Leader programs has open up learning opportunities for me. Programs offered with varies time slots which could attract more participants from different time zones.

Ken Yong Eric

### **It was a wonderful experience**

My experience with MBSR was a wonderful ones. It helps me to respond much better instead of react. My relationship with others has been improving since then. Looking forward to continue my journey with further MBSR Programs.

Vita

**I am really enjoying Mindful Leader and...**

I am really enjoying Mindful Leader and everything that this platform has to offer, from the virtual Summit to MBSR class I am presently taking with Mary Beth Stern. I look forward to participating as a Mindfulness Facilitator volunteer in the near future. Thank you for creating these wonderful offerings.  
Sincerely, Ilona  
Ilona

**I just completed my 2nd week of MBSR...**

I just completed my 2nd week of MBSR with Dr Gus Costellanos. I think the class is very powerful and will have a positive impact in my personal and professional life. I am looking forward to completing this and subsequent programs.  
Susan

**It is an insightful presentation of...**

It is an insightful presentation of living in the here and now, being kind and forgiving to ourselves and others. Has made me better person personally as well as professionally. Presenter, Janet, is fantastic, presented everything in a palpable, competent and professional manner, thank you  
michael geisert

**Excellent teacher, good content.**

Hi, the course has just begun, but so far, the contents are Beautiful and Puntita Is am amazing, caring teacher. The organization and putting together of everything and the technical aspects have also been very good Very pleased so far.  
Thank you.  
Rosario

**I have now taken two courses from...**

I have now taken two courses from Mindful Leader, MBSR and the CWMF program...the quality and structure of these programs is quite high. I also enjoyed insights from the instructors (who are credible experts in the field) and access to current research. Please keep up the wonderful offerings!  
Alicia

**Increase resiliency and make friends!**

This was a great class and this stuff really works! Not a silver bullet, but a great tool to have in your toolbox to help increase coping and reduce stress. It was a pleasure to meet with the group week to week as well! Tushar is an excellent instructor. Glad I did it :)  
Vadim

**Thank you for this outstanding program.**

This is an outstanding program! Gus is a wonderful teacher and has provided an opportunity to understand mindfulness and facilitate great learning and meaningful insights. The zoom environment is very easy to access and has made this training possible for me during this challenging time. Thank you!  
Kelly

**I loved the guided meditation**

I loved the guided meditation. It was a learning and inspiring experience for me . I was able to be aware of my feelings, which I thought I was never able to do, make choices regarding being safe and listening to the needs of my body. Just being present.  
Regina

**This course was exceptional!**

This course was exceptional. Janet was supportive and encouraging in a very open and kind way. The zoom platform was better than expected. I felt that I was part of a community and will likely keep in touch with students to keep supporting each other in our practice. In addition, the supporting content (quotes, references, etc. ) provided by Janet were helpful and inspirational.  
Denisse

**Thank you**

Thank you team at Mindful Leader. I am so pleased to be able to continue studying MBSR, especially during this difficult pandemic time. The class I took was well prepared, affordable, and inspiring in content and praxis. Please continue offering MBSR Foundation. I have my eye on it  
Viola

**Course review**

I did not know what to expect from taking this course but I am very happy I did. This type of meditation and awareness is something that is totally out of my element but now I will continue to use it everyday. Family and friends have noticed that I am a better person.  
Paul

**I had a very informative and practical...**

I had a very informative and practical learning experience from both MBSR and CWMF programs as well as from resources you are offering. I would appreciate if I can learn what mindfulness programs are being offered in a corporate setting, more specific and in depth than presented at the conference.  
Yoshiharu

### **MBSR Training Course**

I had an excellent experience with the MBSR training. It was well organized, with the instructor being very thorough and knowledgeable. I was worried about the online format given the pandemic, but Mindful Leader delivered an excellent program!

Melody

### **Mindful Leader = many wonderful resources**

I've taken the MBSR course taught by Terre Passero through Mindful Leader, and read the email newsletters sent regularly by Mindful Leader...both = wonderful. I hope to also jump into the weekly Meditate Together sessions soon. I've signed up and have the info. Thank you for all that you do for so many!

Sonya

### **This class was transformative**

This class was transformative in helping me move forward from depression and step into peace for the first time in my life at age 53. My instructor, Peter Calin, was an excellent teacher, accessible and the zoom experience still had me feeling like I connected with students. It would be nice to have an optional email list to be able to support each other after the 8 weeks. Thank you for this opportunity!

Susan

### **I Loved the teacher and the community**

I absolutely, loved Tere Passeo and her teaching. I loved the group of students as a community and the shared exchanges. I continue to use some of the mindful practices in addition to my already established meditation and other spiritual practices... thank you!

GSN

### **Highly recommended**

Wow! This MBSR course has surpassed my expectations! Rachel D. is an incredible and highly committed and professional instructor! I also love that there is Meditation available almost 24/7 Mond thru Friday! Perfect for these chaotic times!

Catherine

### **So Much Gratitude**

I am very thankful for this organization and it's leaders. Mindful Leader has helped me not only start to achieve my goals towards MBSR Instructor Certification, but be able to afford it with their plans. Professional, concise, and compassionate. I've made very valuable connections and skills that I will take with me for the rest of my life.

Amy Louise

### **Tushar is made for this!**

Tushar is made for this! He creates a very safe place to relax and open up and share. There were some great meditations, body scans and various daily activities that give one cause to visit mindfulness daily. Our group seemed to really blossom and offer up support and empathy for one another. A very healing experience and way to move forward in life!

Constance

### **Amazing class and professor!**

Amazing class and professor. Mindful leader is a great company bringing together top teachers for mindfulness training and instruction. Their class offerings and affordability make them in a class of their own. I can't wait to watch the company grow and continue to offer paths to mindfulness instructor training, etc.

Courtnee

### **Three weeks in and YES, good stuff.**

As of three weeks into my mindfulness practice with Patrick, I find myself better able to self-regulate when my head starts to spin. On a daily basis, the chances to build discipline around taking quiet moments (after all, it's a requirement of the program!) have been a huge asset to my professional life.

Heather

### **Positive Impact of MBSR**

Positive Impact of MBSR MBSR training has had a great impact on my life by teaching me how to avoid anxiety by being present in the moment. Being part of a live group is especially beneficial as we exchange ideas and support each other during the journey.

Darla Dadey

### **Topnotch**

From beginning to end, I was very impressed with the quality of the teachers and their level of knowledge. I really appreciated how the group bonded through out eight week experience through sharing, small group talks and meditation/yoga. Keep up the good work. Thank you! Nicki Peet

Nicki

### **Look No Further**

If you are struggling with being in touch with your thoughts, impulses, or body, and feel that this is affecting your overall life and happiness, then look no further. This could be a life changing experience for you if you enter it with an open mind and open heart. Instructor Punita is one of the warmer souls I have come across and her joy and positivity make this classroom as welcoming and vulnerable as you could ask for.

I have zero regrets!

Rohan Shrimankar

### **My expectations of MBSR were well exceeded.**

I enjoyed the cohort interaction as part of this experience, and Bill was a very knowledgeable instructor. I appreciated his follow up questions and conversation starters. The silent retreat stands out as one of my favorite moments in the course. I've been using more practices throughout the day because of this Mindful Leader course.

Kate Reed

### **I highly recommend the MBSR training...**

I highly recommend the MBSR training through Mindful Leader. This training provided me with the direction and accountability to develop a mindfulness meditation practice that best fit my needs. As a result, I've noticed I feel less stressed and am having fewer headaches. My instructor was very knowledgeable and facilitated each class with thoughtfulness and wisdom.

Brigitte Factor

### **Your friends and family will thank you for that**

Grateful to have come across that very interesting, highly applicable, life-changing course. The practice helps me maintain better relationships, show up as my authentic self, be compassionate and loving and move through life with less cravings and aversions. It has been a first step in a path of learning how to face life as it happening without getting caught up in both crises and excitement - to maintain balance and be at peace. Alisha Aum has been a great teacher.

Ellen Schroeder

### **The whole program was organized and...**

The whole program was organized and facilitated well. What I like most was compassion shared by the facilitator, Terre. Her compassion made each session comfortable and made it easy to gravitate the information throughout the course. It was a wonderful class and Terre is a wonderful facilitator.

Massage King

### **My experience in the MBSR 8 week course...**

My experience in the MBSR 8 week course was outstanding. The teacher Alisha was very knowledgeable and a very good instructor. I was not sure what to expect and even though I've been practicing mindfulness for many years I was able to deepen my practice and gain a wealth of additional knowledge that I did not have before. It was also wonderful to practice with others and feel connected with peers through the process! Highly recommended.

Jason Harris

### **The mindfulness sessions I experienced...**

The mindfulness sessions I experienced with Terre provided me with a new and broader perspective with regards to the way I view this moment. The meditations, responding versus reaction, learning the difference between a thought and building stories are valuable treasures that I have incorporated in my daily living. Most of all I am very conscious about observing each moment. I've turned off my

cruise control

Wayne Jackson

### **100% recommend MBSR to anyone wanting to expand their emotional intelligence.**

Jon was an open-hearted and wise teacher. I feel honored to have been his student, even briefly. 100% would recommend this course to anyone who wants to transcend their suffering. This class teaches us that we are the creator of our own stories and tools in which to navigate life. I wish everyone was required to take classes like this. We need more emotional intelligence in the world. Thank you, Jon Kabat-Zinn for creating this, and thank you Jon Aaron for teaching it so beautifully. I look forward to the workplace facilitator training.

Kendyl



### Wonderful Experience

My mindfulness seminar conducted by Marybeth Stern was a wonderful life-changing experience! I truly enjoyed each and every session and I have plans to continue practicing mindfulness in my life. I am certain that I will be participating in future MBSR offerings. Thank you so much for the opportunity to learn so much!

Rachel Courville

### 5 Star Class

This class was wonderful! I would highly recommend this class to anyone looking to deepen their practice or one day help others with their practice. The support, education, and space held for each student is like no other! Peter is an absolutely wonderful guide whom I would recommend time and time again although I'm confident the whole team can lead you through a fulfilling and rich journey.

Emily Knepp

### 8 weeks of pure bliss

8 weeks could be like this: A blast with American Friends and a visionary Teacher like Peter C. Felt like a family trip on my yogi path. It was always a pleasure filled with exchange, elegance, eloquence and e-learning at highest level. Namasté, Dankeschön, Thankyou, merci beaucoup, Gratiam ago. 5 languages 5 star rating. Deserved

AMGust

### I loved the class

I loved the class. Our guide Peter was awesome in providing instruction to the class, during our time together I learned to reflect in a more positive and helpful manner. I am now more mindful of my every day choices and how each decision can be made without judgment and striving. I am looking forward to more intentional mindful practice in my everyday life and interactions with others.

Lamekia Jarman

### An amazing opportunity

This was an amazing opportunity to deepen my understanding of mindfulness and to see how the practice of being present is an act of compassion toward oneself and others. Tushar was a wonderful instructor and I am so grateful that he accompanied our group on this journey.

Thank you for such a rich experience!

Aileen Clark

### Alisha is an extraordinary leader

Alisha is an extraordinary leader. She listens deeply. She responds to concerns with empathy and support. The MBSR program is a rich combination of powerful in zoom sessions, exercises to be done between sessions, and developing the ability to continue after the program is complete. A rich set of supporting materials is provided to participants.

Contribution2all

### Highly recommend the Mindful Leader MBSR class

An excellent class that has been worth the time and investment as a business professional looking for new strategies to manage stress and to be more focused and present at work and at home. Cheryl Shah is a fantastic facilitator that provided a safe environment for the virtual class participants to engage and grow through this experience. She taught by example and has been an inspirational leader during this course. Highly recommend this class and the Mindful Leader program.

Carolyn McGrath

### Beautiful course

Very beautiful course in which I learnt a lot about myself and saw progress throughout. Punita Thaker is an amazing and inspirational teacher. I will continue listening to her recordings which are so calming. I enjoyed the wide community and the honest genuine sharing in the group which really helped me widen my horizons and absorb learning from everyone's experiences.

Daphne Grech Cumbo

### **This is invaluable material**

This is invaluable and life-changing material. I feel like the meditations are so useful that I will carry them through my life. My only wish is that our group was able to interact a bit more. And, as far as the meditation goes, it was kind of like going from zero to Mach 1. There was no easing into meditation. However, the teacher was amazing; enthusiastic, kind, and knowledgeable. There is no doubt MBSR has made a difference in my life.

H

### **The MBSR course has been life changing**

The MBSR course has been life changing. As a practitioner of mindfulness for decades, I have long known the benefits of mindfulness and meditation, and I have even used mindfulness and meditation with my clients. Through the MBSR course, my understanding and practice of mindfulness have deepened, improving my life in so many ways. Our instructor, Karyn Sandelman, is a gentle and knowledgeable guide into MBSR.

Danielle Zimmerman

### **The MBSR mindful leader program is...**

The MBSR mindful leader program is extremely well thought out, organized, practical and effective. The teacher was patient and supportive, and the materials were engaging and relevant. I definitely feel the lasting affects of this program on my day today, moment to moment life! Highly recommend.

Anna Bowden

### **This program was absolutely amazing**

This program was absolutely amazing! Our leader, Punita, was so incredibly knowledgeable and kind. It is truly amazing what can happen when we tune in and really listen to our bodies. When we give them the time and space to heal, they do! For me, personally, I gained clarity and sensitivity that I had been blocking for a long time. It was a life changing experience!

CHERI SCHARFF

### **I am so glad I took this course**

I am so glad I took this course. It was a wonderful way to expand and deepen my mindfulness practice. Terri was a great instructor throughout the course with a very warm and inviting presence. I personally found the 45-minute practices difficult, however, the expectations for the course are clear from the start. I would highly recommend the 8-week MBSR course!

Corinne

### **Terre is fantastic**

Terre is fantastic ! She not only teaches non-judgement, she didn't ever judge. Her non-judgement really helped me to be more self-compassionate which enables me also to be more compassionate to others. I found her to be very nurturing. She had fantastic poems also that would coincide with our class each session. She also was very inspiring in re to wanting to put the effort in to continue with mindfulness going forward on a daily basis. I cannot say enough about Terre's class. I loved it!

customer

### **This was my first course in MBSR**

This was my first course in MBSR, and I was unsure of how comfortable I would feel taking it online. Gus was a wonderful teacher, and the students in the class quickly developed a trusting and supportive dynamic with his help. The logistics of online learning were organized seamlessly by the administrative staff at Mindful Leader. I have already recommended this class to a few people.

Cordelia Lawton

### **Excellent**

Excellent! I have taken a similar class before, but it was only a two day class and while I learned the techniques, it did not compare to this class. I learned a lot about stress and the importance of why reducing stress is important. I also learned about myself and I am able to notice when I am under stress now and I can use techniques to lower my stress level. Lately, I have noticed that I feel better throughout my day when I do my daily practices and I realize that I also perform better at work and in my daily life.

Nathan Smith

### **This class is a game-changer for anyone...**

This class is a game-changer for anyone who is ready to start living in the moment and manage their stress levels. If you are able, I highly recommend taking the class with Cassie as she is a TREASURE. Her kindness, joy, dedication, guidance, and patience made this class an absolute delight to join each week. I honestly cannot say enough about how powerful this class is and how quickly you begin to notice things changing internally. Also, whatever you do, DO NOT skip the retreat! That is when all of the teaching and work come together in such a blissful way.

Megan

### **Thoughts on initial MBSR training**

My experience with the 8 week MBSR course as excellent. It was insightful on a personal and professional level. The awareness training heightened my clinical skills with my patients, and increased my compassion toward family and friends. The instructor was both kind and compassionate with his moderation of the group. I felt safe and heard. I would highly recommend this course and this instructor as a first step in MBSR training. It will change your perspective on life.

Ferris Fakhoury

### **I absolutely loved my instructor Punita...**

I absolutely loved my instructor Punita as well as the group of people that were a part of the meditation and mindfulness journey we were all on together. Punita was very well spoken and poised loved how she set up the course. I walked away with so much knowledge and a Great sense of calm along with a new daily routine. Highly recommend the course. Plan to take more

Jennifer James

### **This course was really great**

This course was really great! It was insightful, inspiring, and genuine. Our teacher was always prepared and engaged with students, honestly, kindly, and respectfully. As a mother of 2 little ones, I'm thankful every day for the lessons of mindfulness. I truly believe the application of mindfulness in daily living helps me be the mother my children deserve. I'm very fortunate to have had the opportunity to take this course. I'd be happy to recommend this course to anyone alive and breathing.

Crystal Olry

### **Mindfulness seminar a wonderful experience**

This was a wonderful experience. During class time the class was led with helpful information. At times we broke into small discussion groups and other times there was a large group discussion. The floor and standing yoga were guided and easily followed. The quality of the guided meditations were fantastic. This is a valuable program to begin the practice of being mindfulness in our daily lives.

Karen Marchione

### **An excellent start to developing a skillful "mindfulness" practice**

The class was a wonderful combination of instruction and actual practice, and I realize now, that I needed both to develop and maintain a daily "mindfulness" practice for myself. The instructor, Andy Lee was terrific. He was serious about his "craft" but light and mindful in his approach. I did not have specific expectations for the class, by my goals and the quality of my experience were exceeded nonetheless. I now have a cornerstone practice to build upon. Thank you.

Christopher Barber

### **Safe and Welcoming Environment**

The instructor created a safe and welcoming environment even via Zoom (which is hard to do!). I learned effective strategies and will take these with me beyond this course. I am grateful for the in-depth conversations, the time for meditation, yoga, mindfulness, stretching, my instructor's amazing work facilitating our group as well as being our guide, and the participants.

mindfulness-course

### **Wonderful Experience**

I would recommend Mindful Leader to anyone interested in learning to become more mindful in their day-to-day life. MBSR will give you a variety of meditation techniques so you can find the one that is right for you. The teacher was professional, thoughtful, and experienced, and the course was well planned and executed. Even though the course was held virtually, the instructor was still able to impart a feeling of community. It was a truly amazing experience.

PK



### **Deeply grateful | highly recommend**

The communication and support from Mindful Leaders was excellent. I enjoyed experiencing this practice with a diverse group of people from all over the country. I'm sure the in-person setting has its own major benefits, but I felt that I was able to experience a wider range of perspectives being that it was virtual. Our instructor, Peter Calin, is fantastic. His calm and compassionate presence and voice made the experience pleasurable and effective. I would recommend this course to everyone.

Carissa Eberle

### **I am so grateful that I found this...**

I am so grateful that I found this training and program! It has greatly help me with slowing down and relaxing far more than before. Along with setting up the practice of self awareness. I initially thought I would do this for work but as I went thru the class I began to notice that this time was for me. Addressing the stressors and handling them in a healthy manner. Thank you so much! I will never forget it!

Nedra B.

### **Excellent**

I enjoyed my experience with Mindful Leader. I was given regular updates through email regarding the course in which I was enrolled, which was helpful. The teacher, Peter Calin, provided thoughtful and meaningful guidance and I would not hesitate to learn from him again in the future. I grew in my meditation practice and was able to feel more grounded in my own body. It was a wonderful learning experience.

Ashleigh Cantu

### **This was a great experience for me**

This was a great experience for me. It was great to be part of a group again that was practicing mindfulness and Andy was an outstanding leader. He lead the group w/compassion and finesse. He did a great job explaining mindfulness techniques and integrated the hand-outs seamlessly. He also made it a safe place for everyone. The only suggestion I have is that he incrementally decrease amount of guidance he gives during guided meditations.

Kim B

### **Recommend this course to everyone**

Recommend this course to everyone! Learning to bring careful awareness to moment to moment experiencing of our lives is extremely rewarding and in that paying attention, there can be freedom. Viktor E. Frankl, a neurologist, psychologist and Holocaust survivor said it best -- "Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

Zinedine Yakub

### **I feel the MBSR program is really well...**

I feel the MBSR program is really well thought out and the teachers are exceptional. I feel I have gained a great deal from the MBSR 8 week course (which I took twice for good measure) and I am still positively processing what I discovered through the 5 day silent retreat. Thank you to all of you, for making this mindfulness experience one of recognized importance to the health and well being of all of those ready and desiring to receive it.

Constance

### **I enjoyed the course very much**

I enjoyed the course very much. It gave me tools for relaxation and mindful movement, meditation and being in the moment. Linda was accessible and gently led us through the 8 week course, in a warm and comfortable way. The silent retreat day was a highlight, even though I thought it would be very difficult initially, I realized the power of silence and being in the moment uninterrupted by outside distractions.

June Mandeville-Kamins

### **I highly recommend!**

I have gotten so much out of Mindful Leader's offerings. I am currently taking the 8-week MBSR class, and also meditating daily with Meditate Together. I look forward to both immensely, and am learning a lot. I am definitely noticing more about myself and the world around me. And I love the beautiful communities that have formed in both groups. Thanks for offering these wonderful opportunities! And thank you also to all the volunteers who keep it going!

Monet

### Virtual MBSR class

I am extremely happy that I signed up for the MBSR class. I wanted a way to manage my stress and anxiety, and this class gave me tools to do that plus so much more. The teacher was very calming, authentic, and very good at what she does. The class itself felt like a safe space, and we built a true community. I honestly think I will take the class again in the future.

Tenisha

### This course was a great introduction to Mindfulness

This course was a great introduction to Mindfulness! I admittedly was better about doing the daily meditations earlier on, and slid off a little as the sessions went on, so that was more on me than the class itself. I liked breaking up into smaller groups, but often felt that the class could have been 30 minutes shorter (clearly I was not being mindful enough).

OW

### It was wonderful 8 weeks with karyan...

It was wonderful 8 weeks with karyan and all the participants. She was very gentle, genuine, accepting and kind. My heart was very open and able to speak out very easily. her calming manner and voice still echoes in my mind as I practice on my own. I had learned to be gentle and kind to myself and others by allowing whatever comes up as they will pass in time. I think 8 weeks and 45 minutes meditation is a good length as I need to actually start forming new habit while I do experience small changes. Thank you for the opportunity to see things differently.

masumi

### Enjoyable experience

The program was helpful and I like the meditations that we did. The discussion in the breakout rooms were useful. Peter is thoughtful and had a good relationship with the class. One suggestion would be more teaching of the material. It was more doing doing rather than teaching. Where I think that it can be both. My second suggestion is some shorter guided meditations for homework. 45 minutes is a lot of time to commit. Have an option for a 20 minute one or a 45.

Matt

### Top Notch

The folks and programming at Mindful Leader are top notch. I discovered them on my self care journey and what I learned was life changing. There were many class time options and I appreciated that. I also have to acknowledge that Mindful Leader offered a tuition reduction for those who needed it during the pandemic. That was very kind and the reason that I could participate. My instructor, Karyn Sandelman made me feel safe and had a calming vibe as she led our class in mindfulness activities. Thank you for everything. I'll be back soon.

Jason Spann

### Full marks on CWMF and MBSR

I really enjoyed both my 8-week MBSR course and the 12-week CWMF program. ML's communication was extremely timely and the course content was great. Lots of really useful background information and research paired with active sessions and lots of space to connect and practice.

Especially in the CWMF, the amount of information, research and access to real-life practitioners is amazing. The pods and groups make for an easy and safe environment to ask and practice. Well done MindfulLeader all the way!

Sonja Beckerhoff

### The course is structured very well with...

The course is structured very well with a continual progression as the weeks go on. The only reason for 4 stars and not 5 is that I find the guided body scan is too long and could do with being a bit shorter. Peter is a good facilitator - invites people to participate but as the weeks went on he pushed us more which is good. I enjoyed the retreat day but for me, a personal issue, I would have liked it sooner as I think I would have got over my resistances sooner that way.

Ann Dray

### I found Mindful Leader online while...

I found Mindful Leader online while searching for mindfulness classes. Due to the relation to Jon Kabat-Zinn, I became curious and reviewed the site. First, the varying prices. I appreciated this because I need mindfulness more now than ever and yet, I recently quit my high-stress county agency job and money wasn't growing on trees. I was able to honestly take advantage of that. The instructor is knowledgeable and helpful. I am really enjoying the course!

Tammy

### **More than healing, HOPE.**

I signed up for this course because I suffer a chronic pain condition and was interested in MBSR as an evidence-based choice I to improve my daily life. It was everything I'd hoped for! What I didn't expect and was so grateful to experience was the personal hope the course gave me, not just in my own pain management, but in my perspective on humanity. Dozens of folks tuned in world-wide to support one another during the Pandemic winter - just WOW. Tushar was our leader and he was impactful and skilled. I'm grateful for this course!

Jayme

### **Grateful to be a part of the Mindful Leader Community**

I have really enjoyed being a part of the Mindful Leader community. It has been especially helpful during these last few months where our country has experienced such upheaval that has caused most of us to feel such sorrow and pain for humanity. I am glad I have learned to give myself permission to stop and pause whenever I need to take an emotional break; to take the time to decompress so that I can feel complete and whole once more.

Lillyvette

### **This course meets my needs exactly**

This course meets my needs exactly: I wanted to learn more about mindfulness and to be supported in developing my own meditation practice. Janet has been compassionate and skilled as she presents both theory and guided practice. I would prefer to be in person, but even through Zoom the opportunity to share my own experiences and hear those of others has provided wonderful connection from around the globe.

Marci

### **MBSR Training**

MBSR Training Thank you thank you thank you! Everything has been so thoughtfully organized, presented and delivered. Everyone I've come in contact with has been helpful in every way (I'm sorry if I can't remember everyone's names--but my heartfelt thanks goes out to you, nonetheless. Feeling very blessed to have such a compassionate, wise and warm leader--Janet Solyntjes. She teaches through word, through movement, through engagement, and through pause and silence. Grateful.

Ellen

### **MBSR Online Course**

Overall, course was superior. Tushar was an exceptional instructor, both in his method and manner. He was inspiring in how he demonstrated mindfulness in his own approach to life and to the class. He was a remarkable listener and so adept at bringing people's observations and reactions into the course. Rather than interfering with the learning, the online course had real benefits over a live course not only in ease but also for creating a true short-term global community.

Michael

### **Got so much more out of this virtual class than I expected!**

I've taken many different meditation classes (virtual and in person) over the past 10 years, but never taken an 8-week MBSR class. I must say, I've gotten MUCH more out of this than I even expected to. The class has been amazing and the support among our small virtual class community can really be felt, even as we sit in different corners of the world. It's pretty amazing how this can all come together. I'm so impressed with our instructor, Rachel Donaldson. Just watching and listening to her facilitation style has helped me be more mindful, in addition to all of the meditations and class work.

Elizabeth

### **Mindful Leader is a phenomenal...**

Mindful Leader is a phenomenal organization bringing together experts, thinkers, internal champions, and promoters of mindfulness from around the globe to provide top notch, relevant and meaningful training and awareness to the benefits of mindfulness in the workplace. I have thoroughly benefitted from their trainings, community of practitioners and dedicated staff and members. Could not recommend more!

Leila

### **The MBSR course is a life-changer ..**

The MBSR course is a life-changer ... for the positive. Mindfulness includes awareness and presence, but giving yourself permission to grow personally was not easy. Every individual has different needs in their lives, but the information provided is adapted by you to fit those needs. I highly recommend this course to enhance your awareness of self and others. Cassie was fabulous ... kind, caring, non-intrusive, and non-judgemental. Many thanks

Barbara

### Highly rec

Great experience. Thankful for an amazing very competent instructor and the synchronicity of a very wonderful group. My group- some of us continued on and we are supporting our practice through a weekly meet up. Guessing we will be doing this indefinitely. I feel like I got to have a gold standard training to start my practice that has dramatically impacted my life. After a class share- my teacher noticed a transformation and so did I. I wish everyone had this opportunity for self improvement.

Beth

### I've reshaped my connection to myself, for the better

In eight weeks of this program I've reshaped my connection to myself. For the better. Our teacher is insightful and experienced and whether in class or out she welcomed and supported our questions and reflections. I'm leaving with a variety of tools to notice and assess my habits and choices. It's helped me become more present as I navigate the ups and downs of daily life. If you could use some fresh perspective on being present, I can highly recommend this course.

Bo

### Life-changing and life-enhancing course

This was a life-changing and life-enhancing course! I've been gifted tools I can use on a daily basis and for a lifetime. I highly recommend this course if you're looking for greater peace, calm, joy, compassion and awareness in your life + an effective way to manage/reduce stress with grace and ease. And I especially recommend our amazingly compassionate and knowledgeable teacher, Karyn :)

Tracey

### Outstanding MBSR Course

I thoroughly enjoyed my eight-week MBSR certification class with Mindful Leader. I learned a great deal from the teacher, skills that will help me for life. I enjoyed the opportunity to take the class remotely and it didn't detract from or prevent the human connection. In fact, quite a few of us continue to meet weekly via Zoom to meditate and converse. I highly recommend this Mindful Leader class!

Jenifer Vogt

### This class was fantastic

This class was fantastic. I feel the things I learned in this course, and the interactions with the group, will change my life in the most positive ways going forward. I took this class while in cancer treatment, and I attribute much of my success tolerating the treatment to things I learned through this course. I would take it again, or other courses through Mindful Leader.

Michelle

### Mindful leader is an excellent and...

Mindful leader is an excellent and credible organization led by mission driven and passionate leaders. They provide great quality learning in the CWMF program as well great thought leadership on the subject of mindfulness through their newsletters. The Meditate Together is also a great step towards building a like minded community of people. I am very happy and excited to be part of this community and CWMF Alumni network. I would love to see more mindfulness teachers and industry known experts in future sessions.

Madhvi

We



MBSR