

Appalachian Dharma & Meditation Center will host an  
**Introduction to Mindfulness Based Stress Reduction (MBSR) Workshop**

Scott MacGregor of Asheville Mindful Living, will be the facilitator.

When: Saturday, December 3, 2016  
10am - 4pm (one hour break for lunch 12:30-1:30pm)

Where: Appalachian Dharma & Meditation Center  
108 W. 10th Ave.  
Johnson City, Tennessee

Suggested donation: \$30

[From Asheville Mindful Living:](#)

Mindfulness-Based Stress Reduction (MBSR) was developed more than 35 years ago by Jon Kabat-Zinn, PhD at the University of Massachusetts Medical Center to help individuals and patients learn to take better care of themselves by understanding the mind-body connection and mobilizing their own inner resources for coping, growing, and healing. Nearly three decades of scientific research suggest that training in mindfulness (paying attention, on purpose, in the present moment, non-judgmentally) can positively affect one's ability to reduce medical symptoms and psychological distress while learning to live more fully. Public interest and clinical research on mindfulness has exploded in the past five years within the areas of healthcare, business, education, and even sports performance.

**Scott MacGregor, MS, LPC, CFLE** is a licensed clinical therapist and stress reduction educator with over twelve years of meditation practice including retreats for mindfulness, meditation in medicine and research, insight meditation, and spiritual reflection. He has participated in professional training under the direction of Dr. Jon Kabat-Zinn at UMASS Medical's Center for Mindfulness and is trained in the Mindful Schools curriculum. He has taught mindfulness to patients in primary and specialty care clinics (e.g. family & internal medicine practices, cardiopulmonary, diabetes, substance abuse recovery), to individuals, to middle school, high school, and university students, as well as to a variety of professional audiences. He teaches mindfulness at the Asheville Fire Department and VA Medical Center's Veterans Integrative Pain Management School. Before becoming a therapist, Scott worked in information technology for 25 years. He lives in Asheville with his wife, three daughters, and their rescued lab.