

# Mindfulness-Based Stress Reduction

 MID COAST *Center for* **Community Health & Wellness**

[www.midcoasthealth.com/wellness](http://www.midcoasthealth.com/wellness)

## Frequently Asked Questions

### 1. How big are the classes?

There are typically 15-20 participants in each Mindfulness-Based Stress Reduction (MBSR) class.

### 2. Do I need to have any experience with meditating to sign up?

No. Participants do not need to know anything about mindfulness when they begin the course. Please note that the course is also open to individuals with prior experience.

### 3. Do I need to bring anything with me?

Meditation cushions, blankets, chairs, and yoga mats are available to use. If you have specific equipment that you prefer to use, you are welcome to bring your own. You are also welcome to bring a drink in a spill-proof container. Please do not bring food as it can be very distracting.

### 4. What should I wear?

If possible, dress in loose layers. You do not need to wear yoga or exercise clothes. The mindful movement is very gentle and can be done in regular clothing. If you come directly from work, school, or another setting, it is fine to wear any type of clothing. Please avoid wearing perfume, cologne, or other strong fragrances.

### 5. Are there breaks in the classes?

There are no formal class breaks. However, all participants are encouraged to stand up, walk around, use the bathroom, or take a break whenever needed.

### 6. Do I need to read anything to prepare?

No. Reading about mindfulness can cause learners to intellectualize the practice and prevent them from fully immersing in the experience. At the end of the course, you may request a list of recommended reading materials and other resources.