



CONSCIOUS STRESS REDUCTION

Taught by William Cross, Ph. D.

Eight-week course

Winter: Jan. 23-Mar. 12

Spring: Mar. 26-May 14

6 to 8 p.m. Wednesdays, at the Zen Center of Syracuse

266 W. Seneca Turnpike, Syracuse.

Learn to reduce stress through meditation and mindfulness training, yoga and stretching, body awareness and visualization, and methods of integrating change into daily life. The training helps with daily stress of many types, high blood pressure, chronic pain and major life-changing situations.

Cross, who has now taught the course for twelve years, brings significant credentials. He's a graduate of West Point and Syracuse University, a professor of psychology at Onondaga Community College, and a marriage and family therapist of more than 30 years experience.

Cost (includes 4 CDs and workbook): \$200. Fee for optional individual sessions: sliding scale (\$50-90) for non-members, \$50 for members. Booster classes offered Wednesdays whenever the regular classes are not in session. Anyone is welcome to attend the boosters: sliding scale, \$15. Registration deadline for the course: three days before starting date. For more information, call Cross at 474-3762.

www.zencenterofsyracuse.org

Zen Center of Syracuse, Inc.

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