

YOGA HILLSBORO

& THE STRESS REDUCTION CLINIC

ALZHEIMER'S, REACTIONS, JOY & LIFE

We asked our students to share their experience of learning MBSR, yoga and Nia. Here is an essay from a student who cares for her parents with Alzheimer's disease:

"I feel that all adults if they allow themselves to be open to the experience would gain so much from this course. Although I am still dealing with two parents with Alzheimer's, I have humor and joy back in my life. My situation in life has not changed but I have. My being has lightened.

I feel like I have much more control over my reactions to stressful events. I also feel like I can proactively calm myself before busy, stressful days. Because of these skills I have access to so much more joy in my life, I'm not always living in the negative. Though I am a "cracked bell" I can choose to view the light shining through."

- MBSR program graduate