

YOGA HILLSBORO

& THE STRESS REDUCTION CLINIC

RESPONDING AND FALLING IN LOVE WITH LIFE

We asked our students to share their experience of learning MBSR, yoga and Nia. Here is an essay from by an MBSR program graduate about loving life:

"I am finally able to start seeing the stranger who has loved me all my life. I have really begun to fall in love with my life and everything in it. One of the biggest paradigm shifts for me in the program is that its purpose isn't to help me stop the anxiety and pain, but just to notice it. I have also learned that I am not my reactions but rather my responses."

-
Benjy