

**For Immediate Release**

**WINTER SARATOGA STRESS REDUCTION PROGRAM  
BEGINS JANUARY 22ND “IN PERSON” AT CAFFE LENA**

**Contact: Saratoga Stress Reduction Program  
518-581-3180, Extension 300 or 307  
[www.saratogastressreduction.com](http://www.saratogastressreduction.com)**

**Saratoga Springs, NY.**

**WINTER STRESS REDUCTION PROGRAM BEGINS JANUARY 22ND  
“IN PERSON” AT CAFFE LENA**

**Join us for the Saratoga Stress Reduction Program**, an eight-week course in mindfulness based meditation and stress reduction beginning January 22nd “in person” at Caffe Lena. The Saturday morning sessions are held **8:30-10:00am and run January 22nd through March 12th** and provide instruction in formal mindfulness meditation methods including a body scan, gentle yoga, sitting and walking meditation.

“Research shows that eight weeks works best for sustained changes in people’s mental health and well-being. And we know it creates lasting traits like tolerance, patience, kindness and compassion,” says instructor Pierre Zimmerman of One Roof holistic health center in Saratoga Springs. Dr. Selma Nemer also teaches this course.

The practices offer students a means of self-regulation and encourages greater awareness. Students learn to reduce symptoms of psychological and somatic distress and gain the ability to respond to challenges with less reactivity and greater clarity. The course also provides instruction in informal practices such as being in nature and eating with awareness.

Midway through the course, students learn about the physiology of stress and how it relates to their reactivity patterns. Using the latest scientific research, they explore how the act of mindful noticing activates innate internal resources that can change our perception of daily events, including stressful ones. This altered appraisal allows students to use a broader range of both internal and external responses so that they need not remain locked in stressful patterns.

Our credentialed instructors have taught locally, nationally, and internationally for over 10 years. We have taught over 100 classes in Saratoga with over 3000 graduates and are delighted and grateful for the opportunity to have Caffe Lena as our host venue. The **Saratoga Stress Reduction Program classes** take place at Caffe Lena, 47 Phila Street. Pre-registration is required. Class size is limited and we accept many insurances. For more information or **to register, please call our offices at 581-3180 ext. 300 or 307**. You can also visit our website: [www.saratogastressreduction.com](http://www.saratogastressreduction.com)

**At-A-Glance:**

**Saratoga Stress Reduction Program  
[www.saratogastressreduction.com](http://www.saratogastressreduction.com)**

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Eight Saturday mornings, 8:30 to 10:00 am  
1/22/22 through 3/12/22  
Call 581-3180 ext. 300 or 307**