



## A Center for Mindfulness Practice & Holistic Mental Health

### FOR IMMEDIATE RELEASE

#### **New business alert: Upstream: A Center for Mindfulness Practice, opens in Five Points**

**Columbia, S.C. (February 6, 2013):** Upstream: A Center for Mindfulness Practice and Holistic Mental Health will open its doors to offer the first of its mindfulness class series to the Columbia, SC market. Upstream teaches Mindfulness-Based Stress Reduction (MBSR) to students of all ability levels, through an 8-week class series in its tranquil studio in Five Points, next to City Yoga. Orientation begins on February 20, 2013 for Spring 2013, with two-hour classes held every Wednesday from February 27 through April 17, 2013. Summer and Fall 2013 class series will also be offered; students can register online at <http://www.upstreamsc.com> or call 803-250-6764 to learn more.

Upstream was founded in June 2012 by Hilda White, M.D., Board Certified Psychiatrist and Psychoanalyst, and Jemme B. Stewart, PMHCNS/BC, Licensed Professional Counselor, Registered Yoga Teacher and Board Certified Psychiatric Mental Health Clinical Nurse Specialist.

Hilda and Jemme teach simple yet powerful relaxation techniques, giving busy people a self-care toolset for dealing with daily stresses. Both longtime mental health professionals, they are known well in the Midlands psychiatric and therapy communities.

Hilda and Jemme have modeled their program at Upstream after the original MBSR teaching program, founded by Dr. Jon Kabat-Zinn in 1979 at the Stress Reduction Clinic at the University of Massachusetts Medical School. MBSR is an organized, progressive health approach that employs a series of meditation and gentle movement practices proven to reduce stress and anxiety as well as manage physical health issues, including chronic pain, muscle tension, fatigue, high blood pressure, and more.

Upstream's course sequence will focus on teaching students how to use the MBSR skillset to reconnect with their own bodies and to manage stress and pain. Students will learn mindfulness practices such as working with the breath, relaxing the body, and gentle movement. The goal of all of these practices are to develop skills in staying in the present moment, responding to stress in a healthy way and increasing awareness of unskillful patterns of thinking, feeling, and behaving.

Upstream's course sequence will focus on teaching students how to use the MBSR toolset to reconnect with their own bodies and to manage stress and pain. Students will learn to meditate using controlled breathing, muscle relaxation and light yoga, and they will develop a more skillful and present way of thinking to find clarity and mindfulness.

Cassie Premo Steele, local writer and creativity coach, took Upstream's pilot class series in Fall 2012. "It taught me so much and literally healed and changed my life." Adds Premo Steele, "I looked forward to the class every week!"

Upstream's 8-week class series consists of a one-hour orientation the week before classes begin, a weekly two-hour class each Wednesday, and one all-day, Saturday retreat. Two



## A Center for Mindfulness Practice & Holistic Mental Health

options will be offered for the weekly classes: one in the morning and one in the evening, each Wednesday. The cost of an Upstream class series is \$400.00. Each workshop series will accommodate 16 students. Future Upstream class series will be offered for Summer and Fall 2013.

### How does Upstream class series registration work?

1. Register online at <http://www.upstreamsc.com>
2. Attend orientation
3. Confirm registration and pay \$400 series fee
4. Start first class the following week

### Spring 2013 class series at Upstream:

**DATE:** Wednesdays, February 27 – April 17<sup>th</sup>, 2013

**TIME:** 8:30 a.m. – 10:30 a.m. or 6:00 p.m. – 8:00 p.m.

**LOCATION:** 2123 College Street, Columbia, S.C. 29205

(In Five Points across from City Yoga)

**ORIENTATION:** Wed., Feb. 20, 2013, 8:30 a.m. – 9:30 a.m. or 6:00 p.m. – 7:00 p.m.

**RETREAT:** Sat., April 6, 2013, 10 a.m. – 4 p.m.

### About Upstream

*Upstream: A Center for Mindfulness Practice and Holistic Mental Health teaches the medically proven Mindfulness-Based Stress Reduction (MBSR) toolset in an 8-week class series format, to provide students with self-care resources to reduce stress, manage pain, gain personal insight and maintain mental and physical wellness. Located in Five Points in Columbia, SC, Upstream was founded in June 2012 by Hilda White, M.D., Board Certified Psychiatrist and Psychoanalyst and Jemme B. Stewart, PMHCNS-BC, LPC, RYT. To learn more, visit <http://www.upstreamsc.com> or call 803-250-6764.*

### GET SOCIAL

Facebook: <http://www.facebook.com/upstreamsc>

Twitter: <http://www.twitter.com/upstreamsc>

Pinterest: <http://www.pinterest.com/upstreamsc>

Contact: Tracie Broom, Flock and Rally, 415.235.5718, [tracie@flockandrally.com](mailto:tracie@flockandrally.com)  
Debi Schadel, Flock and Rally, 803.348.8861, [debi@flockandrally.com](mailto:debi@flockandrally.com)

###