Jan Hiley, M.S., OTR/L, MBSR

Faculty Emerita Cabrillo College Stroke and Disability Center
Instructor for SJSU’s Advanced Certificate in Mindfulness-Based Occupational Therapy (MBOT) Program
Mindfulness-Based Stress Reduction (MBSR) Teacher

Jan has been a Mindfulness-Based Stress Reduction teacher in a variety of community health settings and is a Tai Chi instructor. Her areas of clinical practice have included neurological conditions such as stroke, brain injury, geriatrics, chronic pain, and mental health.

Jan’s life and work have been rooted in contemplative practice and the experience of presence as a kind of living medicine. She is committed to supporting communities in cultivating the integration of practices and ways of being that foster healing, resilience, growth, and wellbeing.

In these teachings, Jan invites exploration of the experiencing self as a doorway of awareness that encourages intimacy, acceptance, and vitality; strengthening a truer more heart-centered way of living and being, a deepening sense of our shared humanity, and enhancing access to inner and outer resources in service of the world, with the capacity to sustain the course as we address the challenges of our times.

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For more information, please visit [www.sjsu.edu/mindfulness](http://www.sjsu.edu/mindfulness).