



## **Melissa Sutor, MS, MA**

Lecturer, SJSU's MBHHS Advanced Certificate Program  
Counseling Psychologist  
Founder and Director of Dragonfly Healing Center  
Mindfulness-Based Stress Reduction (MBSR) Teacher  
Medical Qigong Certification  
Mindful Schools Mindfulness Teacher Certification  
Mission Be Mindful Educator Certification  
Mindfulness-Based Retreat Facilitator

Melissa believes that mindfulness is a necessity in this world as it connects us to what is meaningful in our lives while providing clarity and courage to act in support of our deepest values. Through her own direct experiences of the power of mindfulness, Melissa has been compelled and blessed to share these teachings over the past decade in health care centers, educational institutions, and corporate environments.

She teaches Mindfulness-Based Stress Reduction (MBSR) at Kaiser Permanente medical center in Maui and consults with staff on mindfulness programs at other clinics in Hawaii. Her counseling degree from Santa Clara University includes a specialization in health psychology with a focus on mindfulness.

Her mindfulness programs and retreats bring together a diverse group of participants who witness the similarities of our shared human experience along with appreciating and honoring our differences to create deep connection with self and others. Melissa is a skilled guide in using mindfulness to enhance trust in our own inner wisdom, allowing us to be of the greatest service to ourselves and others.

### **Testimonials from Melissa's MBSR Participants at Kaiser**

"It has helped me start to focus on helping myself. It has given me tools and methods to breathe and be positive. I am more grounded and calmer. I can make a choice to pull myself up out of the depths." S.D.

"I am able to cope with pain much better. I am much better prepared to live an active life. Melissa is an excellent instructor!" J.S.

"I learned that I am capable of being non-judgemental! That is a big one for me! Not judging myself or my kids - such peace!! Melissa is awesome!" C.P.

"It helped me to see things in a different light and to understand my family better. I really enjoyed Melissa's laugh and perspective." S.S.

"I feel I am learning that I'm becoming more calm with MBSR and more focused on what is important to put energy into. Love this class!" T.W.

"I'm learning patience, trust in the process, that I need to practice. Breathing has helped me to realign with the present. Melissa is great! She made us all feel important." M.A.

"This work is informative and transformational. Daily practice of MBSR enriches one's life! Thank you Melissa for guiding the course!" M.M.

"I'm seeing and becoming aware of patterns and learning about new, supportive, helpful ways to face challenges. I am feeling safer and have more energy to address emotional pain and anxiety." D.C.

"I feel better overall, stronger and healthier, less 'monkey brain', more mindful, lot less preoccupied with thoughts, a lot more present. Happier! Melissa is an excellent instructor and models mindfulness! M.T.

"Melissa was soothing and accepting without judgement. She was great! Perfect for the role of guided meditation."

"Melissa was very responsive, calm, supportive and overall extremely helpful. Her style of facilitation was great! Her voice is clear and soothing. Thank you!!"

"Awesome, Melissa is cool and a fantastic instructor. Patient as well as on task and greatly knowledgeable in the MBSR and related subjects."

"Melissa, thank you for listening and sharing. Thank you for guiding us with such heart!"

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