

Mindfulness Based Stress Reduction

MBSR Adult Class *in-person or virtual*

Fall 2022



“Mindfulness is the awareness that arises by paying attention to the present moment in a particular way, on purpose and without judgement.”

Jon Kabat-Zinn

What is MBSR?

Mindfulness-Based Stress Reduction (MBSR) is a highly experiential, evidence-based 8-week class and full day Mindfulness Retreat that offers secular, intensive mindfulness training to assist people with a host of stress-related physical, emotional and psychological conditions. This psycho-educational program helps participants cultivate a different relationship with stress, helping one to better navigate through life’s inevitable challenges. Each session of MBSR incorporates a significant component of mindfulness practice, which forms the centerpiece of the MBSR program, including mindfulness meditation, mindful movement and other meditative practices. In addition, each session integrates group dialogue, sharing and some didactic presentation.

Jon Kabat-Zinn founded MBSR at the University of Massachusetts in 1979. It is now taught in hundreds of settings worldwide. Research on MBSR has demonstrated positive outcomes and profound benefits with both physical and psychological symptoms including: depression, anxiety, overall mood, level of optimism, pain management and decreased risk and reversal of numerous disease processes.

MANDATORY ORIENTATION

THURSDAY, SEPT 15TH 2022
6:00PM -7:00PM

8-WEEK MBSR CLASS -*HYBRID

THURSDAY EVENINGS

SEPT 22ND – NOV 17TH 2022
6:00 PM- 8:30 PM

FULL DAY RETREAT

SATURDAY, NOV 5TH 2022
8:45AM – 4:30PM

COST FLEXIBLE TUITION OPTIONS TO MEET FINANCIAL NEEDS

*SEE ONLINE REGISTRATION FORM

LOCATION:

934 S. GARFIELD AVE TC OR ZOOM

*Covid 19 Vaccinations Required

REGISTER

www.mindfulnessctc.com

FOR MORE INFORMATION CALL

231-342-9634

ABOUT THE TEACHER:

Wendy Weckstein, PT, MEd, is the Director of Wellness Services at Northern Michigan Psychiatric Services. She is a Physical Therapist, Wellness Consultant, and a Certified Mindfulness Based Stress Reduction Teacher for Adults (MBSR) and Teens (MBSR-T.) *Brown University Mindfulness Center and School of Public Health