

Mindfulness Based Stress Reduction - MBSR

Fall 2026

"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. This psycho-educational program helps participants cultivate a different relationship with stress resulting from chronic physical and/or psychological illness; 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.

REGISTER www.mindfulnessct.com

FOR MORE INFORMATION CALL:
231-342-9634

MANDATORY ORIENTATION

THURSDAY, SEPT. 24TH
5:00PM – 6:00PM

8-WEEK MBSR CLASS *HYBRID

TUESDAYS
SEPT. 29TH – NOV. 17TH
6:00 PM- 8:30 PM

FULL DAY RETREAT

SATURDAY, NOV. 7TH
8:30AM – 5:00PM

COST *YOU ARE WELCOME TO CHOOSE

A REDUCED RATE OR FINANCIAL ASSISTANCE
AS NEEDED ON THE REGISTRATION PAGE

LOCATION: in-person or virtual

934 S. GARFIELD AVE TC OR ZOOM

