Mindfulness Based Stress Reduction-MBSR **Spring 2020**

Online Zoom Classroom **Saturdays, April 25th – June 27th**

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**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 illnesses; 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.

**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 Mindfulness Based Stress Reduction (MBSR) Teacher through Brown University. Wendy is also a certified teacher for Mindfulness Based Stress Reduction for Teens (MBSR-T). She provides health and wellness evaluations, customized wellness programming, and healthy living and mindfulness classes for both teens, and adults.

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

 Jon Kabat-Zinn

Orientation Saturday April 25th 9:30 Am – 10:30 Am zoom online classroom

# 8-Week MBSR Class Saturdays May 2nd – June 27th 9:00 am- 11:30 am ZOOM Online Classroom

# Full Day Retreat – virtual Saturday June 13th 8:45 am – 4:30 pm

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Cost $625 Financial Scholarships Available full and partial

**TO REGISTER**Complete **online REGISTRATION FORM** at [**www.mindfulnesstc.com**](http://www.mindfulnesstc.com) or call Northern Michigan Psychiatric Services: **231-935-0355**