Mindfulness Based Stress Reduction

 ***MBSR Class Winter 2022***



**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 by paying attention to the present moment in a particular way, on purpose and without judgement.”*

Jon Kabat-Zinn

 MANDATORY Orientation

 Sunday, January 16th 2022

 9:30 am – 10:30am

#  8-Week MBSR Class

#  Thursday evenings

#  january 20th – March 17th 2022

#  6:00 pm- 8:30 pm

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#  Full Day Retreat

 Saturday, March 5th 2022

 8:45 am – 4:30 pm

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 Cost $625

 Financial Scholarships Available

 full and partial

**LOCATION:** 934 s. gARFIELD aVE tc

 **\*Covid 19 Vaccinations Required**

**REGISTER** [**www.mindfulnesstc.com**](http://www.mindfulnesstc.com)

 for more information call

**231-935-0355 or 231-342-9634**