

Mindfulness Based Stress Reduction

MBSR Adult Class *in-person or virtual* Winter 2023



“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 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.

MANDATORY ORIENTATION

THURSDAY, JANUARY 19TH 2023
6:00PM – 7:00PM

8-WEEK MBSR CLASS -*HYBRID

THURSDAY EVENINGS

JANUARY 26TH – MARCH 23RD 2023
6:00 PM- 8:30 PM

FULL DAY RETREAT

SATURDAY, MARCH 11TH 2023
8:45AM – 4:30PM

COST FLEXIBLE TUITION OPTIONS
REDUCED RATES AVAILABLE
*SEE REGISTRATION PAGE

LOCATION:
934 S. GARFIELD AVE TC OR ZOOM

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