

# Mindfulness Based Stress Reduction

## MBSR Class Spring 2026



### 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. A plethora of research on MBSR has demonstrated positive outcomes and profound benefits with both physical and psychological symptoms including depression, anxiety, attention, mood, level of optimism, resilience, pain management, sleep, addiction, eating disorder, and a decreased risk and reversal of numerous disease processes (to name a few...).

*“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

### ORIENTATION

THURSDAY, APRIL 2<sup>ND</sup>  
5:00PM – 6:00PM

### 8-WEEK MBSR CLASS -\*HYBRID

**TUESDAY EVENINGS**  
APRIL 7<sup>TH</sup> – MAY 26<sup>TH</sup>  
6:00 PM- 8:30 PM

### FULL DAY RETREAT

SATURDAY, MAY 16<sup>TH</sup>  
8:30AM – 4:30PM

### COST

VARIABLE RATES AND  
FINANCIAL ASSISTANCE OFFERED  
\*SEE REGISTRATION PAGE

### LOCATION:

934 S. GARFIELD AVE TC OR ZOOM

### REGISTER HERE:

[www.nmpspc.com/classes](http://www.nmpspc.com/classes)

231-342-9634

