

# Mindfulness Based Stress Reduction - MBSR Class

## WINTER 2026



"Mindfulness is the awareness that arises by paying attention to the present moment 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 group-based program helps participants cultivate a different relationship with stress 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 meditation, body awareness practices, and an exploration of one's habitual patterns of thinking, reacting and behaving. In addition, each session is highly interactive and integrates group dialogue, sharing as well as didactic presentation.

Jon Kabat-Zinn founded MBSR at the University of Massachusetts in 1979. It is now taught in hundreds of settings worldwide. There is over 45 years of research on MBSR that has demonstrated positive outcomes and profound benefits with both physical and psychological symptoms including: depression, anxiety, attention, PTSD, addiction, overall mood, level of optimism, pain management and decreased risk and reversal of numerous disease processes, to name a few.

### MANDATORY ZOOM ORIENTATION

SUNDAY, JANUARY 18<sup>TH</sup>  
2:00PM – 3:00PM

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

**TUESDAY EVENINGS**  
JANUARY 20<sup>TH</sup> – MARCH 10<sup>TH</sup>  
6:00 PM- 8:30 PM

### FULL DAY RETREAT

SATURDAY, FEBRUARY 28<sup>TH</sup>  
8:30AM – 5:00PM

### COST

FLEXIBLE TUITION OPTIONS  
\*SEE REGISTRATION PAGE

### LOCATION:

934 S. GARFIELD AVE TC OR ZOOM

**Scan Here to Register**



[www.mindfulnessstc.com](http://www.mindfulnessstc.com)

231-342-9634

### Sponsored by

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