

Mindfulness Based Stress Reduction - MBSR



Winter Session 2027

“Mindfulness is the awareness that arises by paying attention to the present moment on purpose and without judgement.”

Jon Kabat-Zinn

MBSR ORIENTATION - ZOOM

THURSDAY, JANUARY 14TH
5:00PM – 6:15PM

8-WEEK MBSR CLASS -*HYBRID

TUESDAY EVENINGS

JANUARY 19TH – MARCH 9TH
6:00 PM- 8:30 PM

FULL DAY RETREAT

SATURDAY, FEBRUARY 27TH
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
or call 231-342-9634

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 both physically and emotionally related to depression, anxiety, attention, PTSD, addiction, overall mood and level of joy/happiness, relationship and communication skills, pain management and decreased risk and reversal of numerous disease processes, to name a few.

Sponsored by

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