***Welcome* to Mindfulness Based Stress Reduction MBSR!** ~*Online via Zoom~*

I am looking forward to our time together as we embark on this 10-week journey of self-discovery through mindfulness practice. I’d like to take this opportunity to recognize the potential sacrifices and the commitment you have made in order to attend this class!

A few logistics …. Please read carefully!

The class will be held online live via Zoom. You will be receiving a Zoom Invitation for the **Mandatory Orientation Session on Saturday, September 11th from 9:30 am – 10:30 am EST**. This invitation will be sent to the email that you provided on the Registration Form. As part of the invitation there will be a simple link to use in your web browser in order to connect to the class each week. You may wish to save this as a ‘favorite’ on your browser for easy weekly access

Once you receive this link, I strongly encourage you to connect to the Zoom website to be certain everything is working properly prior to the first day of class. This is a very easy online platform however; it is important to work out any technical issues or kinks prior to day 1.

The formal 8-week class begins on **Saturday, September 18th and runs weekly through Saturday, November 13th from 9:00 am – 11:30 am EST**. On Saturday October 30th - which is the Saturday between class 6 and 7 – we will be engaging in a **full-day guided, virtual silent retreat** - all from the comfort of your own home.

It will be important to establish a quiet space for each class that has plenty of room for movement practice and yoga - where you feel you will most likely not be disturbed. Informing your family and friends ahead of time about the nature of this class may be extremely helpful.

Wearing loose fitting, comfortable clothing to each class is imperative as you will be involved in some form of movement practice each session. If you have a yoga mat that is wonderful however, a carpeted floor or a firm mattress is just as effective. Please be sure to have a cushion and/or pillow on the floor or a solid back chair to use for meditation practice. Also feel free to bring to class any other items or props that may offer support and/or provide necessary comfort.

Please arrive to the online classroom 5 minutes early each week in order to settle in, as we will begin right on time. Lastly, *attendance is extremely important* in order for you to fully benefit from this experience. Fortunately, I will have the ability on Zoom to video each of our sessions should you need to miss a class. However, please let me know if you will not be attending a session.

Feel free to contact me with any questions or concerns at: **231-342-9634.**

I look forward to seeing you on September 11th! Until then – be well and stay healthy!

*Wendy*