

***Welcome* to Mindfulness Based Stress Reduction MBSR!**

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!

At this time, the MBSR Classes are scheduled to be held In-Person at The Mindfulness Center of Northern Michigan - 934 S. Garfield Ave Traverse City. (This is also the new address for Northern Michigan Psychiatric Services, PC)

With times being unpredictable, the class may need to be changed and held live-online via Zoom. As we get closer to the start date, you will be notified whether or not this change will be made, and if so, a Zoom Invitation will be sent out to the email provided on the registration form. There is also the possibility that either way, you will be able to attend the class virtually, should you choose.

\*In order for us to engage in person, it is required that all participants have been fully vaccinated for Covid 19.

Please note that there is a **Mandatory Orientation Session on Sunday, January 16th 2022 from 9:30 am – 10:30 am**, for both the Thursday evening and the Saturday morning MBSR Classes.

The Saturday MBSR Class runs weekly from January 22nd 2022 – March 19th 2022 from 9:00am – 11:30am

The Thursday MBSR Class runs weekly from January 20th 2022 – March 17th 2022 from 6:00pm – 8:30pm

On Saturday March 5th both classes will be engaging in a **full-day guided Mindfulness Retreat**

Wearing loose fitting, comfortable clothing to each class is imperative as you will be involved in some form of movement practice each session. Feel free to bring to class any items or props that may offer support and/or provide necessary comfort – including your own personal yoga mat or meditation cushion. However, yoga mats, meditation cushions and solid back chairs are provided for your use on site and will be sanitized in between every class.

Please arrive to the class 5- 10 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. 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 January 16th

Until then – be well and stay healthy!

*Wendy*