

# Mindfulness Based Stress Reduction

## MBSR Adult Class *in-person or virtual* **Fall 2023**



*“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

**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. Research on MBSR has demonstrated positive outcomes and profound benefits with both physical and psychological symptoms including: depression, anxiety, overall mood, level of optimism, pain management and decreased risk and reversal of numerous disease processes.

### MANDATORY ORIENTATION

SUNDAY, SEPTEMBER 17<sup>TH</sup> 2023  
4:00PM – 5:00PM

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

THURSDAYS  
SEPT. 21<sup>ST</sup> – NOV. 16<sup>TH</sup> 2023  
6:00 PM- 8:30 PM

### FULL DAY RETREAT

SATURDAY, NOV. 4<sup>TH</sup> 2023  
8:30AM – 4:30PM

**COST** FINANCIAL ASSISTANCE AND  
REDUCED RATES OPTIONS  
\*SEE REGISTRATION PAGE

**LOCATION:**  
934 S. GARFIELD AVE TC OR ZOOM

**REGISTER:**  
[www.mindfulnessctc.com](http://www.mindfulnessctc.com)

FOR MORE INFORMATION CALL  
231-342-9634

#### ABOUT THE TEACHER:

Wendy Weckstein, PT, MEd, is the Director of Wellness Services at Northern Michigan Psychiatric Services. She is a Physical Therapist, Wellness Consultant, and a Certified Mindfulness Based Stress Reduction Teacher for Adults (MBSR) and Teens (MBSR-T.) \*Brown University Mindfulness Center and School of Public Health