

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 time, energy and commitment you have made in order to attend this class which has the potential to profoundly impact your overall well-being!

A few logistics **Please read carefully!**

At this time, MBSR will be held as a Hybrid Class with the option to either attend In-Person at 934 S. Garfield Ave. Suite A Traverse City (Northern Michigan Psychiatric Services, PC) or virtually via Zoom.

With times continuing to be unpredictable, the class may need to be changed and held entirely 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.

Please note that there is a **Mandatory Orientation** Session on Thursday, January 11th 2024 from 6:00 pm – 7:00 pm.

The actual MBSR Class runs weekly on Thursday evenings from January 25th – March 21st from 6:00pm – 8:30pm.

On Saturday, March 9th we will be engaging in a **full-day guided Mindfulness Retreat** from 8:30am – 4:30pm at Whispering Waters B&B in Traverse City, MI (with the option of joining virtually from home.)

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 to settle in, as we will begin right on time. Lastly, ***attendance is extremely important*** for you to fully benefit from this experience. Please let me know if you will not be able to attend a particular session.

***Refund Policy:**

Full refunds are provided should you decide you do not wish to attend the class, up until Monday, January 15th 2024. Please note that there are no refunds after this date.

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

I look forward to seeing you at the Orientation on January 11th.

Wendy

