

Welcome to

Mindfulness Based Stress Reduction MBSR!



I am looking forward to our time together as we embark on this 8-week journey of self-discovery through mindfulness practice. I'd like to take this opportunity to recognize the commitment you have made to register for, and attend this intensive mindfulness training program, 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.

Please note that there is a **Mandatory Orientation** Session on Sunday, April 21st from 4:00 pm – 5:00 pm. The actual MBSR Class runs weekly on Tuesday evenings from April 23rd – June 11th, 2024 from 6:00pm – 8:30pm. On Saturday, June 1st 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.)

*It is important to clear your schedule and write all dates on your calendar so that you will be able to attend each scheduled class. ***Attendance is extremely important*** in order for you to fully benefit from this experience. Please let me know if you will not be able to attend a particular session.

Also, be prepared to arrive 5-10 minutes early to get settled into your space at home or within the studio as class will begin on time.

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.

***Refund Policy:**

Full refunds are provided should you decide you do not wish to attend the class up until Monday, April 22nd 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 Sunday, April 21st

Best

Wendy

