***Welcome* to the Winter Session of:**

***MBSR & Beyond –*** *An Deeper Dive into Mindfulness Based Stress Reduction and Community Sangha*

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I am so happy you have made the decision to join together with a group of your peers to continue on this journey of mindfulness following your experience with MBSR. As a reminder, it is a requirement that you have attended a prior 8-week MBSR class in order to participate.

As you have discovered, this is an ongoing lifelong process of growth and learning. And, that it is helpful to be supported by the company of others who are also making the choice to bring this into their lives.

This 8-week class and mini retreat will offer you an opportunity to connect with your peers and sit together as we engage in a 30-40 minute guided and silent meditation along with directed discussion. Each meditation will be based on a specific mindfulness topic and include brief instruction followed by longer periods of silence. Following this practice there will be time set aside to answer specific questions related to challenges you may be having within your personal practice or perhaps to share insights that have been uncovered on your journey. In this class you will be introduced to more advanced mindfulness topics including many Buddhist teachings that are the underpinning of MBSR - all while exploring the possibility of integrating mindfulness both on the cushion as well as into your daily life.

The class is located in the Mindfulness Center of Northern Michigan’s studio located within Northern Michigan Psychiatric Services, PC at 934 S. Garfield Ave. Traverse City. Cushions, yoga mats, blankets, chairs and pillows are available, however feel free to bring whatever you feel will offer you support and comfort. This class is both in-person and virtual. If you are making a choice to join in-person, please know that there is limited space in the studio and often a waiting list. Letting me know if you cannot attend or will be switching to Zoom on a particular week is appreciated so that I can offer your spot to someone who normally attends at home. And, of course, should anyone feel ill with cold or flu-like symptoms, I would ask that you attend via Zoom. Thanks for your help and considerations with this.

The class is being held on Sunday afternoons from 4-5:30pm from September 22nd through December 15th. On our last day of class, we will be engaging in a 4-hour mini retreat from 2-6pm. As a reminder it is helpful to plan on arriving each week at least 5-10 minutes early to get settled in. The doors will be open at 3:30pm.

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

I look forward to seeing you soon!

Best

*Wendy*