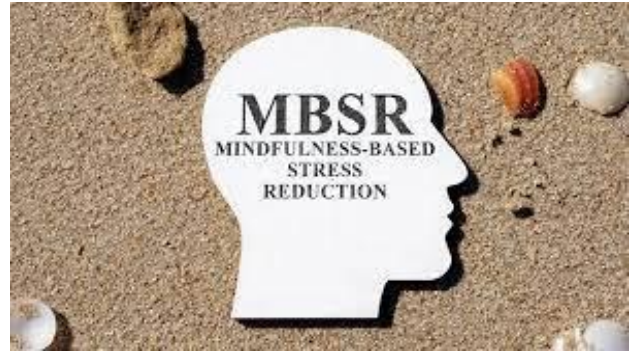


# Welcome to Mindfulness Based Stress Reduction MBSR Winter 2025!



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 Zoom Orientation on Sunday, January 19<sup>th</sup> from 2:00pm – 3:00pm.**

The actual MBSR Class runs weekly on Tuesday evenings from January 21<sup>st</sup> – March 11<sup>th</sup> from 6:00pm – 8:30pm. And, on Saturday, March 1<sup>st</sup> we will be engaging in a full-day guided Mindfulness Retreat from 8:30am – 4:30pm.

It is very 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 at least 5 -10 minutes early each week 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 you with necessary comfort – including your own personal yoga mat or meditation cushion. However, yoga mats, meditation cushions, pillows, blankets, 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, January 20<sup>th</sup> after attending the Orientation. 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 having you as part of this group and to seeing you at the Orientation on Sunday, January 19<sup>th</sup>

*Wendy*