

Mindfulness Based Stress Reduction



MBSR Adult Class

Fall 2025

"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 illness, 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, SEPT. 21ST 2025
3:00PM – 4:00PM

8-WEEK MBSR CLASS *HYBRID

TUESDAYS
SEPT. 23RD – NOV. 11TH 2025
6:00 PM- 8:30 PM

FULL DAY RETREAT

SATURDAY, NOV. 1ST 2025
8:30AM – 4:30PM

COST FINANCIAL ASSISTANCE AND
REDUCED RATES OPTIONS
*SEE REGISTRATION PAGE

LOCATION: in-person or virtual
934 S. GARFIELD AVE TC OR ZOOM

TO REGISTER:
www.mindfulnessctc.com

or call:

231-342-9634

