



MINDFULNESS

MINDFULNESS BASED Stress Reduction (MBSR)

**Begin your journey toward greater
calm, focus and resilience**

Discover practical tools to reduce stress, improve wellbeing, and enhance overall health through mindfulness and guided practice.

8-Week Course | \$450

Orientation sessions: January 15 or 22 | 6 - 7:30pm

Thursdays: January 29 - March 19 | 6 - 8:30pm

Silent Retreat: March 8

Click or Scan to register



<https://forms.gle/YCbhkfZ4TnD5JLX48>