

Mindfulness Based Stress Reduction - MBSR

Fall Session- 2021

Online Via Zoom



"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 illnesses; 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

SATURDAY, SEPTEMBER 11TH
9:00 AM – 10:00 AM

8-WEEK MBSR CLASS

SATURDAYS
SEPTEMBER 18TH – NOVEMBER 13TH
9:00 AM- 11:30 AM

FULL DAY RETREAT

SATURDAY, OCTOBER 30TH
8:45 AM – 4:30 PM

COST \$625

FINANCIAL SCHOLARSHIPS AVAILABLE
FULL AND PARTIAL

REGISTER ONLINE

www.mindfulnessstc.com

OR FOR MORE INFORMATION CALL
MINDFULNESS CENTER OF NORTHERN MICHIGAN
231-342-9634

ABOUT THE TEACHER:

Wendy Weckstein, PT, MEd, is the Director of Wellness Services at Northern Michigan Psychiatric Services. She is a Physical Therapist, Wellness Consultant, and Mindfulness Based Stress Reduction (MBSR) Teacher. Wendy is also a certified teacher for Mindfulness Based Stress Reduction for Teens (MBSR-T). In addition, she provides health and wellness evaluations, customized wellness programming, and healthy living and mindfulness classes for both teens, and adults.