

Mindfulness-Based Stress Reduction

Serenity. Equanimity. Balance.

MBSR is a secular 8-week class in learning skills and strategies for increasing mindfulness – compassionate awareness of the present moment. Meeting weekly for 2 hours, participants learn through guided meditations & discussions, daily mindfulness practice, and a day-long retreat. The course fee is \$400 (negotiable with multiple registrations or low income), including recordings of guided meditations, handouts, and the retreat.



Libby Robinson, Ph.D., MSW.
Experienced MBSR teacher,
trained at U. Mass. Ctr. for
Mindfulness by Jon Kabat-Zinn
and colleagues
Founding member, Ann Arbor
Center for Mindfulness

Fall 2017 CLASS

Monday, Sept. 18th – Nov. 13rd, 6:30-8:30 pm
Class retreat on Nov. 5th, 10-4.

Registration required for the 8-week class.

Free Introductory sessions Sept. 18th. Registration requested.

Classes held at the Lotus Center, 2711 Carpenter Rd.

For more information or to register, email or call Libby:

libbyrobinson7@gmail.com; 734-476-3070.