

Mindfulness Practices for Pain Relief

8-week course, September 21- November 16 2017



Instructors: Libby Robinson, Ph.D., MSW,
and Julie Woodward, MA, MSW.

In this course, participants will explore chronic pain as a mind-body experience and learn mindfulness and yoga practices to support finding true relief from pain. In class sessions, participants will practice mindfulness, a gentle non-judgmental awareness of the present moment, through meditation, gentle yoga movement, and ordinary activities. Throughout, participants will observe typical reactions to pain, suffering and wellbeing, and learn new skills that will allow for the possibility of responding to life with more wisdom, skill and ease.

Research by Jon Kabat-Zinn and Vidyamala Burch and others has shown that participants in 8-week mindfulness programs experience significant reductions in pain, stress, depression, and anxiety. With a one-day retreat, the class includes recordings and handouts of guided meditations and yoga exercises.

Class fee: \$400,
negotiable with multiple registrations or low income

**Classes meet Thursdays, 10am-12pm
September 21 - November 16, 2017**

Ann Arbor Friends Meeting House, 1420 Hill St., Ann Arbor
Day-long class retreat: Sunday, November 5, 10 am to 4 pm

Not sure this is right for you? Come to the

Free introductory Class!

September 21, 10 am-12pm, Please register to attend this class

For more information or to register for the introductory session and/or the 8-week class, Contact Libby at libbyrobinson7@gmail.com or 734-476-3070

