

# Mindfulness-Based Stress Reduction

Serenity. Equanimity. Balance.

MBSR is secular 8-week class in learning skills and strategies for sustained mindfulness. Meeting weekly for two hours, participants learn to practice mindfulness, through guided meditations & discussions, daily mindfulness practice, and a day-long retreat. The course fee is \$400 (negotiable with multiple registrations or low income), which includes recordings of 12 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

## **SPRING 2017 CLASS**

Wednesdays, March 29<sup>th</sup> – May 31<sup>st</sup>, 6:30-8:30 pm

Class retreat on May 21<sup>st</sup> no class on May 10<sup>th</sup>.

**Introductory sessions March 29;** free; registration requested.

*Member, Ann Arbor Center for Mindfulness, [aacfm.com](http://aacfm.com).*

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

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