

Mindfulness Practices for Pain Relief Winter 2018 class

Thursdays, 10 am - 12:30 pm,
starting February 1 with a free introductory class, and going
until March 29, with a day-long retreat on March 18



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
Ann Arbor Friends Meeting House, 1420 Hill St., Ann Arbor

Not sure if this is right for you? Come to the

Free introductory Class!

February 1, 10 am – 12:30 pm. Please register to attend this class

For more information or to register, contact Libby at
libbyrobinson7@gmail.com or 734-476-3070