

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. It has been researched extensively and found helpful in coping with stress, pain, depression, anxiety, and other distressful human experiences. Meeting weekly for 2.5 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

Winter 2018 CLASS

Mondays, 6:00-8:30 pm, January 29 – March 26, with class
retreat on Sunday, March 18, 10 am – 4 pm.

Registration required for the 8-week class.

Free Introductory sessions January 29th. Registration requested.

Class location to be announced.

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

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