



Mindfulness-Based Stress Reduction Intensive

- Reduce Stress, Anxiety, and Chronic Pain
- Improve Sleep, Health, and Well-Being
- Develop More Ease, Resilience, and Balance in Life

Based on Jon Kabat-Zinn's renowned program at the UMass Medical School, this 5-Day Intensive teaches you the basics of Mindfulness-Based Stress Reduction (MBSR) and how to apply it in your daily life.

June 20-24, 2018, 9:30-3:30 pm; Lunch on own 11:45-1:15 pm

Includes an All-Day Retreat, Saturday, June 23

Cost: \$400. (\$200 for repeat participants.)

**Up to 24 CEs Approved for Psychologists, Dietitians, Social Workers,
and Mental Health Professionals**

**Center for Innovation and Education Community Room
400 W Russell St, Saline, MI 48176 (Ann Arbor Area)**

For more information and to register please contact Paulette.



**Paulette Grotrian, M.A., Qualified MBSR Instructor
Trained with Jon Kabat-Zinn & Colleagues, MBSR Teacher Training,
UMass Center for Mindfulness,
Founding member, Ann Arbor Center for Mindfulness.**

www.mindfulnesswithpaulette.weebly.com

Contact her at

mindfulnesswithpaulette@gmail.com

or 734-276-7707