

# 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

## Spring 2018 CLASS

Wednesdays, 6:00-8:30 pm, April 4 – June 6 (no class on May 9),  
with class retreat on Sunday, May 20, 10 am – 4 pm.

Registration required for the 8-week class.

Free Introductory sessions April 4th. Registration requested. Class  
location to be announced.

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

[libbyrobinson7@gmail.com](mailto:libbyrobinson7@gmail.com); 734-476-3070.