



# 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 covers the basics of Mindfulness-Based Stress Reduction (MBSR) and how to apply it in your daily life.**

**June 26-30, 2019, 9:30-3:30 pm; Lunch on own 11:45-1:15 pm  
Includes an All-Day Retreat on Saturday, June 29, a journal, and  
guided meditations**

**Cost: \$500 (\$300 for repeat participants.) \$50 non-refundable deposit  
will hold your place. Payment plans and scholarships available.**

**Enlightened Soul Center, 3820 Packard St., #280, Ann Arbor, MI 48108.  
Up to 24 CEs Approved for Psychologists, Dietitians, Social Workers,  
and Mental Health Professionals through ISG.**

**For more information and to register please contact Paulette.**



**Paulette Grotrian, M.A., Experienced MBSR & MSC Instructor  
Trained with Jon Kabat-Zinn & Colleagues, MBSR Teacher Training,  
UMass Center for Mindfulness, & Neff/Germer UCSD Center for MSC.  
Founding member, Ann Arbor Center for Mindfulness**

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