



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
Enlightened Soul Center, 3820 Packard St., #280, Ann Arbor, MI 48108
Cost: \$450 (\$225 for repeat participants.) \$50 non-refundable deposit
will hold your place. Payment plans and scholarships available.**

**Includes a journal, guided meditations, and
an All-Day Retreat on Saturday, June 29 (held at a different location)**

**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**

**www.mindfulnesswithpaulette.weebly.com
Contact her at**

**mindfulnesswithpaulette@gmail.com
or 734-276-7707**



ISG is approved by the American Psychological Association to sponsor continuing education for psychologists. ISG maintains responsibility for this program and its content.