



ann arbor
center for mindfulness 

Mindfulness-Based Stress Reduction Fall 2019 Class

MBSR is a secular 8-week class in learning skills and strategies for practicing mindfulness – compassionate awareness of the present moment. This is the class in mindfulness training that has been researched most 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), including recordings of guided meditations, handouts, and the retreat.



Libby Robinson, Ph.D., MSW, MPH

Experienced MBSR teacher (teaching since 2003), trained by Jon Kabat-Zinn and colleagues, including Susan Woods and Zindel Segal.

Founding member, Ann Arbor Center for Mindfulness.

Class Schedule

Free Introductory Session: Monday, September 23, 6-8:00. Registration requested. Attendance is highly encouraged, but not required to enroll in the 8-week program.

Eight-week MBSR course: Mondays, Sept. 30 through Nov. 18, 6:00-8:30 pm.
Registration Required

One-day retreat: Sunday, Nov. 10, 10:00 am to 4:00 pm, included in the course fee.

For more information or to register, email, text, or call Libby:
libbyrobinson7@gmail.com; 734-476-3070.