



ann arbor

center for mindfulness



Mindfulness-Based Stress Reduction

Winter and Spring 2021 Virtual Classes

MBSR is a secular 8-week class in learning skills and strategies for practicing mindfulness – compassionate awareness of the present moment. This mindfulness class has been researched extensively and found helpful in coping with stress, pain, depression, anxiety, and other distressing 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 \$200 (negotiable), including recordings of guided meditations, handouts, and the retreat.

SW CE credits available.

Teachers:

Libby Robinson, Ph.D., MSW.

Experienced MBSR teacher and practitioner
Teacher training: U. Mass. & UC-San Diego
Founding member, Ann Arbor Center for Mindfulness

Pam Schweitzer, PMHCNS-BC

Experienced psychotherapist & mindfulness
teacher
Member, Ann Arbor Center for Mindfulness

Winter Class

Free Introduction: Monday, January 11, 5:30-8:00 pm
Eight-week course: Mondays, Jan. 25 to March 15, 5:30-8:00 pm,
with retreat, Saturday, March 6, noon to 4 pm.

Spring Class

Free Introduction: Monday, March 29, 5:30-8:00 pm
Eight-week course: Mondays, April 5 – May 24, 5:30-8:00pm
with retreat, Saturday, May 15, noon to 4 pm.

All classes & retreats will be virtual.

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