



ann arbor

center for mindfulness



Mindfulness-Based Stress Reduction

Fall 2021
Two 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 chronic unhappiness. Meeting weekly for 2.5 hours, participants learn through guided meditations & discussions, daily mindfulness practice, and a half-day retreat. The course fee is \$300 (scholarships available), which includes recordings of guided meditations, handouts, and the retreat.

Class schedule

Monday evening Fall Class:

Free Intro: Monday., 9/20, 5:30-8:00 pm

MBSR course: Mon., 9/27 to 11/15, 5:30-8:00 pm

Retreat, Sunday, 11/7, noon to 4 pm

Teachers: Libby Robinson and Barb Branca

Saturday afternoon Fall class:

Free Intro: Saturday, 9/25, 2:00-4:30

MBSR course: Sat., 10/2 to 11/20, 2-4:30

Retreat, Sunday, 11/7, noon to 4 pm

Teachers: Libby Robinson & Pam Schweitzer

Senior Teacher: Libby Robinson, Ph.D., MSW.

Certified MBSR teacher; 45+ classes taught

Teacher training: U. Mass. & UC-San Diego

Founding member, Ann Arbor Center for Mindfulness

Barbara Branca, Ph.D.

Experienced board-certified neuropsychologist
Certified mindfulness teacher through Kornfield/
Brach Teacher Training Program
Love Your Brain Yoga certified teacher

Pam Schweitzer, PMHCNS-BC

Experienced psychotherapist, psychiatric nurse
specialist, and mindfulness teacher

Teacher training: Toronto Centre for Mindfulness Studies

Member: Ann Arbor Center for Mindfulness

All classes & the retreat will be virtual. SW CE credits available.

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

libbyrobinson7@gmail.com; 734-476-3070;

<https://www.libbyrobinsonmindfulness.com/>