



ann arbor

center for mindfulness



Mindfulness-Based Stress Reduction

Winter & Spring 2022 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 practices, and a half-day retreat. The course fee is \$300 (scholarships available), which includes recordings of guided meditations, handouts, and the retreat.

Class schedule

Saturday afternoon Winter class:

Free Intro: Saturday, 1/15, 2:00-4:30 pm

MBSR course: Sat., 1/22 to 3/19, 2:00-4:30

Retreat, Saturday, 3/5, noon to 4 pm

Teachers: Libby Robinson & Pam Schweitzer

Saturday afternoon Spring class:

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

MBSR course: Sat., 4/16 to 6/18, 2-4:30

Retreat, Saturday, 6/4, noon to 4 pm

Teachers: Libby Robinson and Barb Branca

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

Certified MBSR teacher; 50+ MBSR classes taught

Teacher training: U. Mass., Toronto Ctr Mf Studies, & UC-San Diego

Founding member, Ann Arbor Center for Mindfulness

Pam Schweitzer, PMHCNS-BC

Experienced psychotherapist, psychiatric nurse
specialist, and mindfulness teacher

Qualified teacher: Toronto Ctr. Mindfulness Studies

Member: Ann Arbor Center for Mindfulness

Barbara Branca, Ph.D.

Experienced board-certified neuropsychologist

Certified mindfulness teacher through Kornfield/

Brach Teacher Training Program

Certified teacher of Love Your Brain Yoga

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/>