

Spring Mindfulness-Based Stress Reduction Course

What is MBSR?

MBSR is an 8-week evidence-based, experiential program designed to provide participants practices to foster increased stress management and well-being. This in-depth training is highly participatory and explores both mindful meditation and movement practices.

Requirements:

- This course will be conducted virtually through the Zoom platform. Because of the experiential nature of this class, audio and video are needed.
- All are welcome on this exploration. Bring a willingness to learn and your curiosity!

Dates and Times:

Orientation: 4/14 - 6-7:30 pm EST

Classes: 4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9 - 6-8:30 pm

All-Day Retreat - 5/22 - 8:45-4:30

Investment:

\$625/person

Check, Venmo, and credit/debit card accepted.

Limited scholarships are available upon request.

Enrollment:

amy@myalignedliving.com

hjstarkwc@gmail.com

Venmo - @Heidi-Stark-4

Click the link to register using PayPal

[Register](#)

Amy Janssens, M.Ed. and Heidi Stark, M.Ed. are trained MBSR teachers through Brown University's School of Public Health. Both hold teaching licenses. Amy is a Certified Mindfulness Instructor through Mindful Schools and Heidi is a Registered Yoga Teacher (RYT500).

