



Mindfulness-Based Stress Reduction
Foundation Course Specifics – Spring/Summer 2018

Summer 2018 Course in Edison NJ

Temple Emanu-El, 100 James St, Edison NJ 08820

Reservations are required.

Dates: June 26*, July 5**, 10, 17, 24, 29†, 31; Aug 7, 14,

Times: **Tuesday evenings**7:30-9:30 PM

†Sunday July 29.....2:00-6:00 PM

**Orientation and Class 1. Attendance required.*

(may last 2 ½ hours).

***July 5, Wednesday, because of a Holiday*

†Half day double session on a Sunday.

(Winter 2019 Course in Summit NJ)

Cost: \$550 (\$500 if paid by first class)

Price includes:

- Eight classes, including:
- One 2½-hour Orientation session
- Six 2-hour classes
- One double (2-class) session on a Sunday from 2:00 to 6:00 PM
- Guided instruction in mindfulness meditation and mindful yoga practices
- Individually-tailored suggestions
- A range of exercises to enhance awareness in daily life
- Methods to improve interpersonal communication skills
- Daily assignments to reinforce the techniques introduced in class

732.549.9100

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www.mindfulnessnj.com