



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

**Free Introductory Talk**

*All are welcome. Reservations are required.*

**Wednesday April 25, 2018**

7:30 – 9:00 pm

Temple Emanu-El, 100 James St, Edison NJ

**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](http://www.mindfulnessnj.com)