



Mindfulness-Based Stress Reduction

Foundation Course Specifics –Spring/Summer 2017

Free Introductory Talk
JFK Conference Center
70 James Street, Edison NJ
Wednesday, May 10, 2017
7:30 -9:00pm

All are welcome. Reservations are required.

Summer 2017 Course in Edison NJ

Temple Emanu-El, 100 James St, Edison NJ

Reservations are required.

Dates: June 27*, July 5**, 11, 18, 25, 30†;
August 1, 8, 15

Times: **Tuesday evenings**7:30-9:30 PM
Sunday, July 30†.....2:30-6:30 PM
**Orientation and Class 1. Attendance required.*
(may last 2 ½ hours).

***July 5th, a Wednesday, because of the holiday*

†Half-day double session on a Sunday.

(Winter 2018 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 2:30 to 6:30 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
- Four guided CD's and a workbook