



Mindfulness-Based Stress Reduction
Foundation Course Specifics - Winter 2018

Winter 2018 Course in Summit NJ
Temple Sinai, 208 Summit Ave, Summit, NJ 07901

*All are welcome.
Reservations are required.*

Dates: Jan 16*, 23, 30; Feb 6, 13, 27; Mar 4†, 6, 13, 20**

Times: **Tuesday evenings**7:30-9:30 PM
†Sunday March 4.....2:30-6:30 PM

**Orientation and Class 1. Attendance required.*

(may last 2 ½ hours).

†Practice day on a Sunday.

***Snow Date*

(Summer 2018 Course in Edison NJ)

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

Price includes:

- Eight classes, including:
- One 2½-hour Orientation session
- Six 2-hour classes
- One 4 Hour Practice Session on a Sunday
- 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

328 Amboy Avenue  Metuchen, NJ 08840

www.mindfulnessnj.com