



## Mindfulness-Based Stress Reduction

Foundation Course Specifics - Summer 2021

### Summer 2021 Course

Live online via Zoom

**Course begins Tuesday June 22, 2021**

7:30 – 9:30 pm

*All are welcome.*

*Reservations are required.*

**Dates:** June 22\*, 29; July 6, 13, 20, 25\*\*, 27; Aug. 3, 10

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

\*\*Sunday, July 25 ..... 2:00-6:00 PM

*\*Orientation and Class 1. Attendance required.*

*\*\*Half day double session on a Sunday*

*(Winter 2022 course via Zoom)*

**Cost: Choose \$450 or \$500 or \$550. Please pay what you can, to help those less able to pay. Full refund after first session if you decide not to continue.**

*Price Includes:*

- Nine classes, including:
  - One 2-hour Orientation session
  - Seven 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
- Methods to improve interpersonal communication skills
- Daily assignments to reinforce the techniques introduced in class

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