



ann arbor

center for mindfulness



Mindfulness-Based Stress Reduction

Two Spring 2021 Virtual Classes

MBSR is a secular 8-week class in learning skills and strategies for practicing mindfulness – compassionate awareness of the present moment. This mindfulness class has been researched extensively and found helpful in coping with stress, pain, depression, anxiety, and other distressing experiences. Meeting weekly for 2.5 hours, participants learn through guided meditations & discussions, daily mindfulness practice, and a day-long retreat. The course fee is \$200 (negotiable), including recordings of guided meditations, handouts, and the retreat.

Teachers:

Libby Robinson, Ph.D., MSW.

Experienced MBSR teacher and practitioner
Teacher training: U. Mass. & UC-San Diego
Founding member, Ann Arbor Center for Mindfulness

Pam Schweitzer, PMHCNS-BC

Experienced psychotherapist & mindfulness
teacher
Member, Ann Arbor Center for Mindfulness

Saturday afternoon Spring Class

Free Introduction: Saturday, March 27, 2:00-4:30 pm
Eight-week course: Saturday, April 3 to May 22, 2-4:30 pm
with retreat, Sunday, May 16, noon to 4 pm.

Monday evening Spring Class

Free Introduction: Monday, March 29, 5:30-8:00 pm
Eight-week course: Mondays, April 5 to May 24, 5:30-8:00 pm,
with retreat, Sunday, May 16, noon to 4 pm.

All classes & the retreat will be virtual. SW CE credits available.

For more information or to register, email or call Libby:

libbyrobinson7@gmail.com; 734-476-3070;

<https://www.libbyrobinsonmindfulness.com/>