



Mindfulness-Based Stress Reduction  
Foundation Course Specifics – Fall 2017/Winter 2018

**Free Introductory Talk**

*All are welcome. Reservations are required.*

**Wednesday November 15, 2017**

7:30 – 9:00 pm

Grand Summit Hotel  
570 Springfield Ave, Summit, NJ

**Winter 2018 Course in Summit NJ**

208 Summit Ave, Summit, NJ 07901

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