

## Mindfulness-Based Stress Reduction Foundation Course Specifics - Winter 2025

### Winter 2025 Course Live online via Zoom

**Course begins Tuesday January 14, 2025**  
7:30 – 9:30 pm ET

**Dates:** Jan 14\*, 21, 28 Feb 4, 11, 25 Mar 2\*\*, 4, 11  
**Times:** Tuesday evenings ..... 7:30-9:30 PM  
\*\*Sunday, March 2nd 2pm.....Retreat Day  
*\*Class 1—Attendance required.*


***Reservations Required***  
***(Summer 2025 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
  - Eight 2 1/2 hour classes
  - Retreat Day
- 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)