



Mindfulness-Based Stress Reduction Foundation Course Specifics - Summer 2024

Summer 2024 Course Live online via Zoom

Course begins Tuesday June 25, 2024
7:00 – 9:30 pm ET

Dates: June 25* July 2, 9, 16, 23, 28**, 30 Aug 6, 13
Times: **Tuesday evenings** 7:00-9:30 PM
**Sunday, July 28Retreat Day
**Class 1—Attendance required.*

Reservations Required
(Winter 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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