



## Mindfulness-Based Stress Reduction

Foundation Course Specifics - Summer 2025

### Winter 2026 Course

Live online via Zoom

#### Course begins

**Tuesday January 13, 2026**

7:30 – 9:30 pm ET

**Dates:** Jan 13\* 20, 27; Feb 3, 10, 24;  
March 1\*\* 3, 10

**Times:** Tuesday evenings ..... 7:30-9:30 PM  
\*\*Sunday, March 1st 2pm ..... Retreat Day

*\*Class 1—Attendance required.*

***Reservations Required***  
***(Winter 2026 Course via Zoom)***

**Co.st: 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)