



Mindfulness-Based Stress Reduction
Foundation Course Specifics - Summer 2025

Summer 2025 Course
Live online via Zoom

Course begins Tuesday June 24, 2025
7:30 – 9:30 pm ET

Dates: June 24* July 1, 8, 15, 22, 29 Aug 3**, 5, 12
Times: Tuesday evenings 7:30-9:30 PM
**Sunday, August 3rd 2pmRetreat Day
**Class 1—Attendance required.*

Reservations Required
(Winter 2026 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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