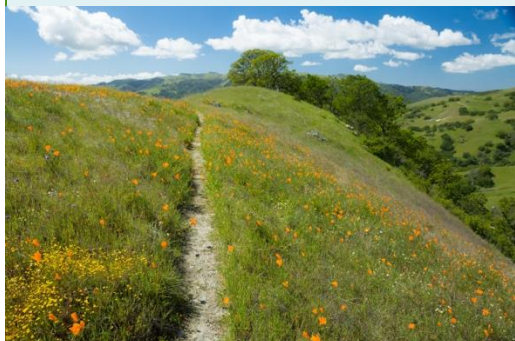


Mindfulness-Based Stress Reduction (MBSR)

8-week Course (in person and online hybrid)



**Learn to use your inner resources to
relieve stress-related symptoms and
experience greater enjoyment
of everyday life**

This 8-week Mindfulness-Based Stress Reduction (MBSR) program is designed to teach mind-body awareness and self care to people living with physical or psychological symptoms due to stress, pain, or illness. **It is also essential for preventative care and leading a most fulfilling life.** It is based on the work of Jon Kabat-Zinn, Ph.D. at the Center for Mindfulness at the University of Massachusetts Medical School, and offers lifelong tools for increased well-being.

Overview: A video introduction will be available soon.

Course: 6-8:30 PM | **Seven Tuesdays:** April 22, 29 | May 6, 13, 20, 27 | June 3
and one Friday: June 13
Daylong Retreat: Sat, June 7, 9:30 AM – 4:30 PM

Cost: The sliding scale for this 28-hour course is \$395-\$550; partial scholarships available by request (use comment section below). Includes 8 class sessions, all-day retreat, e-workbook, guided meditations for home practice and individualized instruction in a supportive group setting.

Location: The Quinan Street Project, 656 Quinan Street, Pinole, CA (and on Zoom). Free parking on the street and at the public lot on Tennent Ave.

[Register Online](#)

Or call/email 510-710-7102

wendy@eastbayyoga.com



east bay yoga

Wendy Beckerman has been teaching Mindfulness since 1998 with a passion for living the practices and sharing valuable insights. Her teaching style is clear, calming, intuitive, compassionate, and engaged. **Visit** eastbayyoga.com

