



Mindfulness Based Stress Reduction New Course Winter 2022

Discover how to use mindfulness to manage everyday stress, pain & chronic illness more effectively and bring more balance & peace to your daily life.

Join us for the world renowned 8 – week meditation course taught by Brown University qualified MBSR teachers Dr. Ghazala Radwi & Michelle Anne Huser.

Every Tuesday from:

March 1st to April 19th 6:00pm – 8:30pm MT

April 9th (all day retreat) 8:00am – 2:00pm MT

To learn more about MBSR and how it can help you manage stress more effectively feel free to attend a free orientation session on:

January 24th 7:00pm – 8:30pm MT

Feburary 12th 10:00am – 11:30am MT

For more information or to register please go to:
<https://meditative-solutions.com/mbsr-course>