

Mindfulness-Based Stress Reduction 8-week Course



Mindfulness is a basic human quality, a way of learning to pay attention to whatever is happening in your life that allows you a greater sense of connection to your life inwardly and outwardly. Mindfulness is also a practice, a systematic method aimed at cultivating clarity, insight, and understanding.

Course Timeline:

Fridays, 5:30 - 8 pm, Begins **January 12 – March 2, 2018**.

All-day retreat will be held Saturday, **February 17, 2018, 9 – 3 pm**.

Location: **Manitou Center**, 686 West 5th Street, Winona, MN

Registration: <https://www.eventbrite.com/e/mindfulness-based-stress-reduction-8-week-course-january-2018-tickets-39026732006>

The program consists of 8 weeks of 2.5 hour classes and a one-day retreat. **Highly participatory, supportive, and structured, this course will provide you with:**

- Guided instruction in mindfulness meditation practices
- Gentle stretching and mindful yoga
- Group dialogue and discussions aimed at enhancing awareness in everyday life
- Individually tailored instruction
- Daily home assignments
- Home practice materials including mindfulness practice CDs and a workbook

COST: \$195 (tuition + text book, CDs, and materials) or \$150 (for returning students or couples who will share materials)

INSTRUCTOR: This course is taught by Erica Thibodeaux. For additional information please contact her at ericathibodeaux@gmail.com, 507-205-2405, or augustintegrativetherapy.com