

# **MINDFULNESS-BASED STRESS REDUCTION IN 2024!**



**THERE'S NO TIME TO LOSE!**

**NOW is the time to wake up and live life fully... with kindness, courage, confidence, wisdom and ease. Please join us for the life changing MBSR class beginning in January, 2024.**

**Certified MBSR teacher Gail Zinberg will be offering new MBSR classes online. MBSR is a powerful, transformative, experiential, evidence-based program that teaches you how to work with stress by strengthening emotional, mental and physical well-being through guided mind-body practices, inquiry and learning. Whether this is your first time exploring mindfulness or a return visit to deepen practice, we invite you to take the leap...**

**Thursday evening MBSR classes online**

**FREE ORIENTATION SESSION, January 25th 6:00 - 7:30 pm  
Classes from February 1st - March 21st, 6:00 - 8:30 pm**

**To register or for more information:**

**(413) 281-8436**

**mbsr@MindfulBerkshires.com**

**www.mindfulberkshires.com**