

MINDFULNESS-BASED STRESS REDUCTION IN 2024!



THERE'S NO TIME TO LOSE!

NOW is the time to wake up and live life fully... with wisdom, courage, confidence, self-compassion and ease. Come join us for the life-changing MBSR class, beginning very soon!

Certified MBSR teacher Gail Zinberg is offering new MBSR classes live online. MBSR is a powerful, transformative, experiential, evidence-based, 8-week 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 on Zoom

FREE ORIENTATION SESSION: January 25th, 6:00 - 7:30 pm**
Classes from February 1st - March 21st, 5:30 - 8:00 pm

To register or for more info:
(413) 281-8436
mbsr@MindfulBerkshires.com
www.MindfulBerkshires.com

** Attending the Orientation is a prerequisite for enrolling in MBSR.