



Jordan Health & Wellness

MINDFULNESS BASED STRESS REDUCTION (MBSR)

MBSR is an interactive 8-session program that combines mindfulness techniques with movement and meditation to help us respond to stressors in a mindful way. Learn more about MBSR [using this link.](#)

\$35

includes a quality mat and cushion that you keep!

**JUNE & JULY
COHORT**

ALL CLASSES OCCUR IN PERSON AT JUNIPER ELEMENTARY

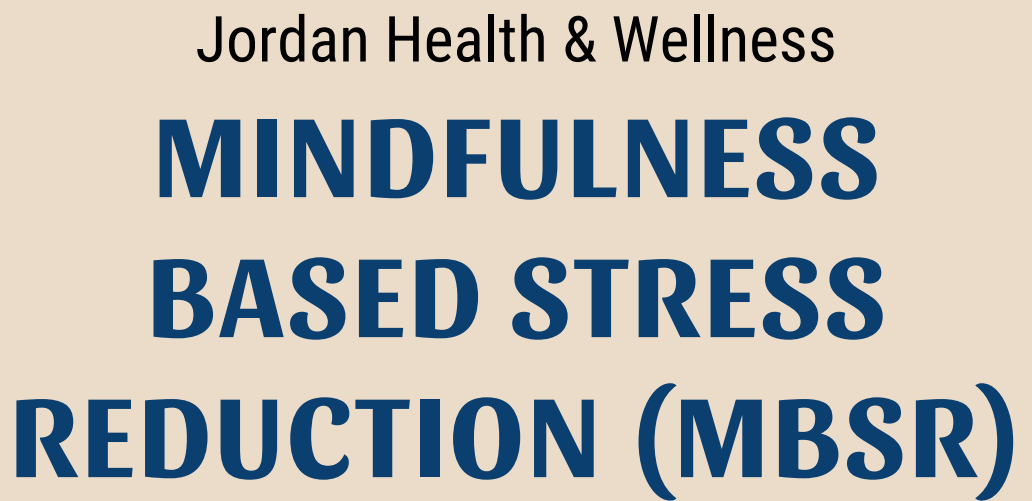
Tuesday/Thursday June 10-July 17, 10am-12pm

No Class June 26, July 1, July 3, and July 10

All-Day Retreat July 9 from 9:30am-3:30pm



**SIGN-UP ON EVENTBRITE BY USING
THIS LINK OR SCANNING THE QR CODE**



\$35

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