



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  
cushion that you keep!

**WINTER  
COHORT**

**ALL CLASSES OCCUR IN PERSON AT SOJO MIDDLE SCHOOL**

**Tuesday/Thursday January 22 - February 19, 4-6pm**  
(No class Feb 12th)

**All-Day Retreat Saturday, February 7 from 9am-3pm**



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