

mindfulness based stress reduction

8-WEEK WORKSHOP



Allison Peet, MSBR Instructor

Through meditation, gentle yoga, group discussion and home practice, Mindfulness Based Stress Reduction (MBSR) teaches participants to recognize and respond to toxic stress, increase stress hardiness and enhance focus, creativity and emotional regulation.

MBSR is beneficial for those experiencing stress, chronic pain, sleeplessness, anger, grief, mild depression and anxiety.

Workshop includes orientation session, 8 classes and 1 Saturday retreat

Orientation

March 5 from 6-7p

Monday Evening Classes

6-8:30p / March 19 – May 7

Retreat

9a-3:30p / Saturday April 28

At NAMI Greater Des Moines
511 East 6th Street

IN DES MOINES'
HISTORIC EAST VILLAGE

Cost: \$20 (scholarships available)

Includes 8-week workshop
& retreat

Call 515.850.1467 or email director@namigdm.org to sign up