

Integrative Mindfulness™



MBSR Class Schedule (Tentative) Fall, 2017

Thursdays 6 pm - 8:30 pm

Facilitator: Madeline Ebelini MA, RYT

Class 1: Sep 28

Class 2: Oct. 5

Class 3: Oct. 12

Class 4: Oct. 19

Class 5: Oct. 26

Class 6: Nov. 2

Day of Mindfulness Retreat: Sunday, Nov. 5 / 9 am - 3 pm

Class 7: Nov. 9

Class 8: Nov. 16

Fridays 9:30 am – 12:00 pm

Facilitator: Madeline Ebelini MA, RYT

Class 1: Sep. 29

Class 2: Oct. 6

Class 3: Oct. 13

Class 4: Oct. 19

Class 5: Oct. 27

Class 6: Nov. 3

Day of Mindfulness Retreat: Sunday, Nov. 5 / 9 am - 3 pm

Class 7: Nov. 10

Class 8: Nov. 17

3372 Woods Edge Circle, Suite 102
Bonita Springs FL 34134
(239) 590-9485
IntegrativeMindfulness.net