

Integrative Mindfulness™



MBSR Class Schedule Winter, 2017

Thursdays 6 pm - 8:30 pm

Facilitator: Madeline Ebelini MA, RYT

Class 1: Jan. 26

Class 2: Feb. 2

Class 3: Feb. 9

Class 4: Feb. 16

Class 5: Feb. 23

Class 6: Mar. 2

Class 7: Mar. 9

Day of Mindfulness Retreat: Sunday, March 12 / 9 am - 3 pm

Class 8: Mar. 16

Fridays 9:30 am – 12:00 pm

Facilitator: Madeline Ebelini MA, RYT

Class 1: Jan. 27

Class 2: Feb. 3

Class 3: Feb. 10

Class 4: Feb. 17

Class 5: Feb. 24

Class 6: Mar. 3

Class 7: Mar. 10

Day of Mindfulness Retreat: Sunday, March 12 / 9 am - 3 pm

Class 8: Mar. 17

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