

Integrative Mindfulness™



MBSR Class Schedule Winter, 2018

Thursdays 6 pm - 8:30 pm

Facilitator: Madeline Ebelini MA, RYT

Class 1: Jan. 25

Class 2: Feb. 1

Class 3: Feb. 8

Class 4: Feb. 15

Class 5: Feb. 22

Class 6: Mar. 1

Day of Mindfulness Retreat

Sunday, March 11 / 9 am - 3 pm

Class 7: Mar. 8

Class 8: Mar. 15

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