

Mindfulness Programs

MBSR & Guided Mindfulness

Guided Mindfulness

This is an accessible and inclusive beginner-level program that provides introduction to mindfulness concepts and supports you to gain present moment awareness in a small group learning environment.

Wednesdays, 1:45 - 3:00 pm

October 23 - December 18

\$64/\$80 +CIF/HST

*No class November 6

Mindfulness-based Stress Reduction (MBSR)

This is an extensive 8-week curriculum designed to provide practical tools for stress management using mindfulness concepts and practices. This program is recommended for those who have some experience in mindfulness practice.

Thursdays, 6:00 - 8:30 pm,

October 17 - December 12

+ Silent retreat Sunday, November 24, 10:00 am - 4:00 pm

\$360/\$405 +CIF/HST

*No class November 14



The MNjcc is committed to accessibility. Please let us know in advance if you have any accommodation needs: inclusion@mnjcc.org; (416) 924-6211



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