

Integrative Mindfulness™



MBSR Class Schedule

Fall 2015

Thursdays 6 pm - 8:30 pm

Facilitator: Madeline Ebelini MA, RYT

Class 1: Oct. 1

Class 2: Oct. 8

Class 3: Oct. 15

Class 4: Oct. 22

Class 5: Oct. 29

Class 6: Nov. 5

Day of Mindfulness Retreat: Sunday, Nov. 8 / 9 am - 3 pm

Class 7: Nov. 12

Class 8: Nov. 19

Fridays 9:30 am – 12:00 pm

Facilitator: Madeline Ebelini MA, RYT

Class 1: Oct. 2

Class 2: Oct. 9

Class 3: Oct. 16

Class 4: Oct. 23

Class 5: Oct. 30

Class 6: Nov. 6

Day of Mindfulness Retreat: Sunday, Nov. 8 / 9 am - 3 pm

Class 7: Nov. 13

Class 8: Nov. 20

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IntegrativeMindfulness.net