

Integrative Mindfulness™



MBSR Class Schedule

Winter, 2016

Thursdays 6 pm - 8:30 pm

Facilitator: Madeline Ebelini MA, RYT

Class 1: Jan. 21

Class 2: Jan. 28

Class 3: Feb. 4

Class 4: Feb. 11

Class 5: Feb. 18

Class 6: Feb. 25

Day of Mindfulness Retreat: Sunday, Feb. 28 / 9 am - 3 pm

Class 7: Mar. 3

Class 8: Mar. 10

Fridays 9:30 am – 12:00 pm

Facilitator: Madeline Ebelini MA, RYT

Class 1: Jan. 22

Class 2: Jan. 29

Class 3: Feb. 5

Class 4: Feb. 12

Class 5: Feb. 19

Class 6: Feb. 26

Day of Mindfulness Retreat: Sunday, Feb. 28 / 9 am - 3 pm

Class 7: Mar. 4

Class 8: Mar. 11

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IntegrativeMindfulness.net