

Integrative Mindfulness™



MBSR Class Schedule Spring, 2016

Thursdays 6 pm - 8:30 pm

Facilitator: Madeline Ebelini MA, RYT

Class 1: Apr. 7

Class 2: Apr. 14

Class 3: Apr. 21

Class 4: Apr. 28

Class 5: May 5

Class 6: May 12

Day of Mindfulness Retreat: Sunday, May 15 / 9 am - 3 pm

Class 7: May 19

Class 8: May 26

Fridays 9:30 am – 12:00 pm

Facilitator: Madeline Ebelini MA, RYT

Class 1: Apr. 8

Class 2: Apr. 15

Class 3: Apr. 22

Class 4: Apr. 29

Class 5: May 6

Class 6: May 13

Day of Mindfulness Retreat: Sunday, May 15 / 9 am - 3 pm

Class 7: May 20

Class 8: May 27

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IntegrativeMindfulness.net