



Mindfulness-Based Stress Reduction

***Got Stress?
Feeling Overwhelmed?
Mindfulness Works!***

Mindfulness-Based Stress Reduction (MBSR) 8-Week Class

August 4th — September 29th, 2019
(Sunday Mornings — 9:00 to 11:30 a.m.)

Mindfulness-Based Stress Reduction (MBSR) involves cultivating a different relationship between you and the things that challenge you in your life.

Based on the work of Jon Kabat-Zinn, this MBSR program is taught at major universities and teaching hospitals worldwide. Participants learn lifelong tools to achieve and maintain health and harmony in daily living, even during times of stress, pain and illness.

The MBSR class combines meditation, gentle yoga and group discussion in a supportive environment, empowering participants to actively manage their own health and wellness. The class meets weekly for 2.5 hours and there is an all-day session in the sixth week.

Register Early | Class Size Limited | Cost \$595

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*For more information
or to register online visit:*

MontroseMindfulness.com
or **DrLeslieLoubier.com**
or call:

(818) 249-4300

Dr. Leslie Loubier, Psy.D. is a Licensed Clinical Psychologist and Mindfulness trainer. Dr. Loubier specializes in Integrative Health Psychology and Sport & Performance Psychology.

Best Life Yet! Consulting offers psychotherapy, individual and group Mindfulness training, keynote talks, as well as personal and business coaching services.