



ann arbor

center for mindfulness



Mindfulness-Based Stress Reduction For Healing Professionals

Fall 2025
Virtual Class

MBSR, developed by Jon Kabat-Zinn, has been found helpful in coping with stress, pain, depression, anxiety, and chronic human unhappiness. It started the current wave of mindfulness-based strategies. The class focuses on learning and practicing mindfulness – *compassionate awareness of this present moment*, on making such awareness a habit of mind and heart.

This class will be limited to individuals who are healing professionals. The intention is to provide useful tools for understanding and supporting oneself and others. Links to strategies and research relevant to particular patient/client issues will be provided.

Meeting weekly for 2.5 hours for 8 weeks, participants learn through guided meditations, discussions, daily mindfulness practices (30 min/day), and a half-day retreat. The course fee is \$400 (negotiable), and includes recordings of guided meditations, handouts, and the retreat. Support for obtaining CEs provided.

Fall 2025 Class Schedule

Free Introductory Session: Saturday, September 20, 2:00-4:30, Eastern Time

MBSR course: Saturday, September 27 to November 22, 2:00-4:30

Retreat, Saturday, November 8, noon to 4 pm

Teacher: Libby Robinson, Ph.D., MSW, MPH

Certified MBSR teacher, have taught over 60 MBSR classes, and practiced Vipassana (Buddhist mindfulness) since 1979.

Member: Ann Arbor Center for Mindfulness (AACFM) & Open Mindfulness Meditation (OMM)

Class & retreat will be virtual

For more information or to register, contact Libby:

libbyrobinson7@gmail.com OR <https://www.libbyrobinsonmindfulness.com/>