



Is now offering an 8 week Mindfulness Based Stress Reduction (MBSR) course, taught by Dr. Tiffany Griffiths, beginning on March 31st

MBSR is an evidence-based 8-week intensive training in mindfulness meditation, focusing on teaching mindfulness practices that are based on ancient healing practices and educating participants on the nature of the mind. The focus is mainly experiential and we meet in a group format for 2 hours a week (Sunday's from 10-12) with one 6-hour day of silence (choose between May 18th or 19th from 10-4). Classes provide a community of learning and practice for motivation, support, and belonging.

Call (570) 342-8434 for more details and to reserve your spot