



**Mindfulness Based Stress Reduction (MBSR)  
course, taught by Dr. Tiffany Griffiths,  
beginning on  
September 24<sup>th</sup> at Mindfulnepa and  
September 25<sup>th</sup> at The Recovery Bank**

**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 1/2 hours a week (Tuesday's from 6-830 at Mindfulnepa or Wednesday's from 530-8 at The Recovery Bank) with one 6-hour day of silence (November 10<sup>th</sup> from 10-4). Classes provide a community of learning and practice for motivation, support, and belonging. Cost is \$300. Insurance accepted.**

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