



# Mindfulness-Based Stress Reduction

*Got Stress?  
Feeling Overwhelmed?  
Mindfulness Works!*

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

October 1st — November 19th, 2017  
(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 in the midst 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*

**Leslie A. Loubier, Psy.D.**  
**Best Life Yet! Consulting**  
*PSY 20006*

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Montrose, CA 91020

*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 with expertise in peak performance training and integrative medicine. Dr. Loubier helps others reach their highest potential through psychological wellness and peace of mind.

**Best Life Yet! Consulting** offers psychotherapy, performance and sports psychology, as well as business coaching services.