

MINDFULNESS BASED STRESS REDUCTION COURSE

“Calming the Soul, Transforming the Spirit”

30 Hours, 2.5 hours/week + Retreat Day

**SUMMERSIDE – Mar. 5, 12, 26,
Apr. 2, 9, 16, 23, 30, 2012. Retreat – Apr. 21/12.**

(no class week of Mar. 18/12)

Limited Enrolment.

Accepting Registrations Now

Facilitators: Frank MacAulay & Associates

Inquiries and Registration Info: e-mail: jfrankmacaulay@pei.sympatico.ca
902-432-0277