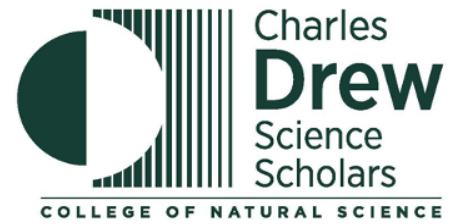




**Open Your Mind
Manage Your Stress**



LEARN MINDFULNESS & MEDITATION

Join a **FREE** 4-week class or attend a 4-hour retreat

KORU BASIC: 5-6:15pm on 9/21, 9/28, 10/5 & 10/19/22

KORU RETREAT: 10:30am-2:30pm on 10/29/22 & 12/3/22

**MORE
MINDFUL**

**LESS
STRESSED**

**BETTER
SLEEP**

**LESS
SELF
JUDGMENT**



REGISTER AT: <https://stateofmindfulness.simplybook.me>

INSTRUCTOR: **Dr. Debra Duxbury MD PhD** at mindfulness@msu.edu
Certified Koru Teacher, teaching Koru since 2014

©2014-2022 Dr Debra F. Duxbury MD PhD