

# Mindfulness Based Stress Reduction Schedule

with Sheryl Morgan, PhD

Spring 2014 – Wednesday Evening Series  
Los Robles Clubhouse

Date	Time	Focus and Home Practice
April 30	6:30-8:30 pm	An Introduction to Mindfulness Based Stress Reduction
May 7	6:30-8:30 pm	Beginner's Mind
May 14	6:30-8:30 pm	Patience
May 21	6:30-8:30 pm	Non-judging
May 28	6:30-8:30 pm	Acknowledgement
June 4	6:30-8:30 pm	Non-striving
(Saturday) June 14	10:00 am-4:00 pm	All day retreat at Creekside Center*
June 18	6:30-8:30 pm	Trust as Self-Reliance
June 25	6:30-8:30 pm	Letting it Be

\*Directions: 7 Mt Lassen Drive, Creekside Center Gazebo Conference Room

Go **west** on Lucas Valley Road (toward the ocean)

Continue about 3 minutes to Mt Lassen Drive and turn **right**. You'll see a deli on the corner.

Immediately turn **left** into Creekside Center (7 Mt Lassen Dr), the driveway just after the deli.

Park in the first lot on your right. Walk down the path at the far end of the parking lot to the Gazebo Conference Room. It's to the right and back as you face the complex.

AT & T cell phones won't work there, but Sprint and Verizon do work. Messages for you can be left at my office there, 491-1963, or you can access your messages using my phone for emergencies.

Please call me if you have any questions or if you won't be at the class or All Day Retreat. 491-1963 or Email [drsmorgan@gmail.com](mailto:drsmorgan@gmail.com)