



The NM Collective



MBSR 8 WEEK COURSE

MBSR is a proven program designed to help you reduce stress, enhance well-being, and develop emotional resilience. By combining mindfulness, meditation, and body awareness, MBSR equips you with an essential toolkit to navigate change and build resilience.

**Mindfulness
Based
Stress
Reduction**

**BEGINNING
JULY 15TH**



Register Here

or learn more at

WWW.NobleMaat.com

**Discounted Rate!
\$450**