Mindfulness Based Stress Reduction (MBSR)

Corso per la riduzione dello stress attraverso la consapevolezza

Torino, Ottobre-Novembre 2020

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| OTTOBRE | NOVEMBRE |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | L | Ma | Me | G | V | S | D | |  |  |  | 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | 26 | 27 | 28 | 29 | 30 | 31 |  | |  |  |  |  |  |  |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | L | Ma | Me | G | V | S | D | |  |  |  |  |  |  | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | 30 |  |  |  |  |  |  | |

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| ORARIO |  |
| Mercoledì | 19.00 -21.15 |
| Sabato (mini-ritiro) | 10.00 -17.00 |

Sede del corso:

**Anteres Studi Medico-Psicologici**, Corso Sebastopoli 33, Torino