

2018 PAMF/PA MBSR Calendar

Instructor: Renée Burgard

2018 Monday and Tuesday Classes

| Orientation | Monday Class Dates | Retreat | Tuesday Class Dates | Holidays |
|-----------------------------------|---------------------|---------|---------------------|---|
| Tuesday, January 2 | Jan 15 to March 12 | 3/4 | Jan 16 to March 13 | President's Day: Monday + Tuesday off |
| Tuesday, April 3 | April 16 to June 11 | 6/3 | April 17 to June 12 | Memorial Day: Monday + Tuesday off |
| Tuesday, June 26 | July 9 to Aug 27 | 8/19 | July 10 to Aug 28 | |
| Wednesday, September 12 | Sept 24 to Nov 12 | 11/4 | Sept 25 to Nov 13 | Later start because of Jewish Holidays * |

**Note - Rosh Hashana is 9/9/18 - 9/11/18 and Yom Kippur is 9/18/18 - 9/19/18*

2018 MBSR Saturday Classes

| Quarter | ORIENTATION | Class Dates | RETREAT | Holidays/weeks off |
|-------------------------------|-------------------------------------|----------------------------|---------|-------------------------------|
| WINTER | Saturday, January 6 th | January 13 – March 10 | 3/4 | 2/17/18 Presidents Holiday |
| SPRING | Saturday, March 31 st | April 14 – June 9 | 6/3 | 5/26/18 Memorial Day |
| No Saturday class over Summer | | | | |
| FALL | Saturday, September 8 th | September 22 – November 10 | 11/4 | n/a |