

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