



Julia Wilson Coaching

Passion. Possibility. Purpose

REDUCE STRESS THROUGH MINDFULNESS

A 9-Week In-Person Course on Navigating Stress
Tuesdays, January 13 to March 10 | 6:00–8:30 PM
Location: Pacifica Firehouse



CARE FOR YOURSELF IN THE NEW YEAR

As we step into a new year, it's a natural time to pause and take stock. Life can feel like a lot these days—the pace of change, the uncertainty in the world, and the weight of daily responsibilities can leave us feeling stretched and unsettled. Many of us are juggling work, family, community, and the wider challenges facing our world all at once.

Reduce Stress Through Mindfulness is a nine-week in-person course designed to help you begin the year with more calm and clarity. In a supportive small group, you'll learn simple, practical ways to steady the mind and body through guided mindfulness practices, gentle movement, and reflection. You'll discover tools to navigate stress, calm your nervous system, and meet life's challenges with greater steadiness and self-compassion.

STRESS REDUCTION WITH PROVEN PRACTICES

This program uses the **Mindfulness-Based Stress Reduction (MBSR)** curriculum - the gold standard in mindfulness training developed at the University of Massachusetts Medical Center. It provides practical, evidence-based tools to better understand your nervous system, meet stress with awareness, and develop sustainable practices to stay grounded and centered, even in challenging times.

WHAT IS INCLUDED IN THE PROGRAM

- **Eight Weekly In-Person Sessions (2.5 hours each):** Interactive, experiential learning with meditation practices and discussion on Tuesday evenings.
- **One Full-Day Online Retreat:** A 6-hour Day of Mindfulness Retreat on Saturday, Feb. 21st
- **Daily Practice Tools:** Participants are expected to do 30 minutes of daily practices with guided recordings and online materials to support
- **Small Group Connection:** Join a supportive learning cohort to reflect, connect, and practice.
- **No prior meditation experience is needed.**



Julia Wilson Coaching

Passion. Possibility. Purpose

WHAT PAST PARTICIPANTS SAY

“

It was special to come together with the same group of people regularly and to carve out time for my practice. I'm really grateful I took this course!

”

“

Doing this in a cohort of people that reflected the same struggles I had supported me to prioritize my own well-being in a safe, guided space.

”

CLASS LOCATION AND DATES

Location: Pacifica Firehouse

Classes: Tuesdays, 6pm to 8:30pm

- Class #1: January 13
- Class #2: January 20
- Class #3: January 27
- Class #4: February 3
- Class #5: February 10
- Class #6: February 17
- **Day of Mindfulness Retreat:** Saturday, February 21, 9am to 3pm
- *No class the week of February 23*
- Class #7: March 3
- Class #8: March 10

REGISTRATION: ~~\$400~~ \$150

To make this program more accessible, registration is offered at a discounted rate. Comparable mindfulness courses typically range from \$400 to \$700. Space is limited.

Register and pay online at: <https://juliawilsoncoaching.as.me/Mindful2026>

JULIA WILSON, INSTRUCTOR

Julia is a leadership & team coach and mindfulness & resiliency educator supporting nonprofits across the U.S. She brings a heart-centered approach to mindfulness and well-being - grounded in over 20 years of experience in leadership development and training. Julia is a Certified Workplace Mindfulness Facilitator through Mindful Leader and is enrolled in the MBSR Teacher Training Program with Mindfulness Northwest.

Some class recordings will be confidentially reviewed by MBSR faculty as part of the advanced training and certification process.