

Tomorrow is a dream.  
Yesterday is a story.  
Today is what I can have.

Marisa Hoslet

Improving your overall **quality of life**,  
more balance, **reducing anxiety**...? Try  
Mindfulness-Based Stress Reduction\*,  
a **scientifically proven** method.



**Centrum voor  
Mindful Leven**

- ✓ MBSR group workshops
- ✓ Bi-weekly activities, such as yoga
- ✓ Therapy & coaching

\* MBSR was developed  
by Jon Kabat-Zinn