
ABOUT THE TEACHERS



Nathalie Choo and Eva Jeretin are qualified MBSR (Mindfulness-Based Stress Reduction) and MBCT (Mindfulness-Based Cognitive Therapy) Instructors. They have been trained by the Mindfulness Center at Brown University School of Public Health, Bangor University and Oxford Mindfulness Centre.

They both share a passion for Mindfulness. Their intention is to contribute to a world more heart-connected to heal ourselves and the planet. They are committed to the Good Practices Guidelines from the Mindfulness Center-Brown University.

EVIDENCE-BASED MINDFULNESS PROGRAM

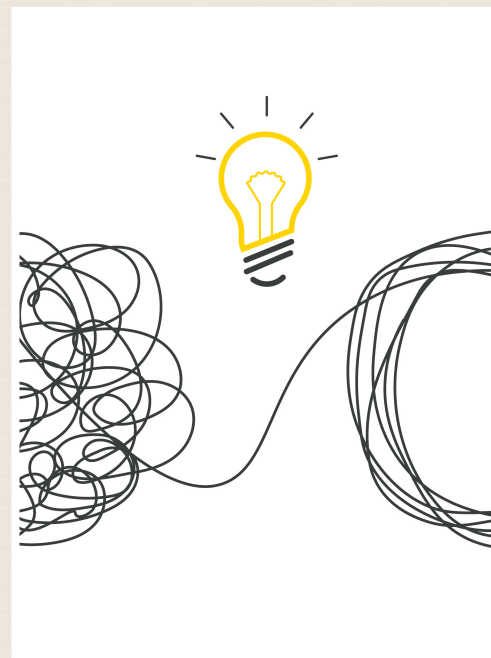
In the same way that physical exercise helps with physical health, there is a growing recognition that mindfulness training and cognitive behavioral therapy tools can support mental health and well-being.

MBCT for Life has been developed in the light of research at Oxford University and other leading research centres.

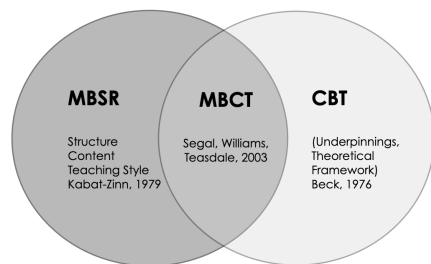
<https://scienceartmeditation.com>

<https://mindfulwaydaily.com>

MINDFULNESS-BASED COGNITIVE THERAPY (MBCT) FOR LIFE 8-WEEK PROGRAM



Learning how to work with the
mind skillfully



MBCT (Mindfulness-Based Cognitive Therapy) as an integration of MBSR (Mindfulness-Based Stress reduction) and CBT (Cognitive Behavioral Therapy)

MBCT for Life is built on the framework of MBCT that was originally designed for depression and has been shown to be effective for the risk of relapse, and is also beneficial for anxiety, mood changes and emotional distress, which is relevant to many of us.

It is now taught in mainstream, everyday settings and aims to benefit people across the spectrum of mental health and well being. It helps to reduce reactivity, learning how to respond skillfully to the challenges in life.

The program is not a therapy where you will talk about the history of your challenges but a place where you will dialogue about your direct experience with participants sharing the same kind of challenges in life.

The course themes include: Waking up from automatic pilot, Keeping the body in mind, Gathering the scattered mind, Recognizing reactivity, Allowing and Letting be, Responding skillfully, How can I best take care of myself and Mindfulness for life.

MINDFULNESS-BASED COGNITIVE THERAPY(MBCT)FOR LIFE 8-WEEK PROGRAM

1/27/2022-3/24/2022

MBCT for Life is a course designed to cultivate mindful awareness of our body, emotions and mind so we can live our lives with a greater sense of well-being, kindness and resilience.

WHAT ARE THE LEARNING OUTCOMES

During this program, you will learn the following skills:

How to stabilize the attention - Learning two different ways of knowing (through direct experience and through thinking) - Learning how to recognize patterns of reactivity and how trying to get rid of distress may actually keep us stuck - Bringing kindness to ourselves in moments of distress and reactivity - Using mindfulness to respond skillfully instead of reacting and build what we have learned into our everyday lives.

WHAT TO EXPECT FROM THE COURSE

This structured course is largely experiential and is based on simple meditation practices and effective exercises from CBT and positive psychology. The program builds on each session and consists of weekly sessions (2hrs and 15min) with a small group of participants meeting online via Zoom and is combined with a suggestion for personal practice about 30 min per day (some guided meditation recordings and a course handbook will be provided). Research shows positive outcomes when participants are fully engaged in the program.

WHAT IS THE SCHEDULE AND HOW TO REGISTER TO THE PROGRAM

The program will be held on **Thursdays** with an orientation session on 1/27/2022 (9:00-11:15am EST).

The first session is on 2/3/2022 and last session is on 3/24/2022 (9:00-11:15am EST).

There is also a day of practice after session 6 on 3/13/2022 (10:00am-3:00pm EST).

Program fee is either \$300 or \$565 or \$725. Choose the highest price you can afford.

Please contact us to register through our website as soon as possible as space is limited. During the orientation, you will have an opportunity to see if the program is right for you at this time. If not, we will reimburse you after the orientation session.

If you have any questions regarding the program, you can contact us via our website.