

MINDFULNESS COURSES 正念课程

Learn to be more present, calmer, feel more relaxed and improve your relationships

Mindfulness Foundation Course (MFC - 4 sessions)

Novena: Oct 10, 17, 24, 31 (Wed) 7pm - 9pm

Novena: Nov 22, 29, Dec 6, 13 (Thur) 7pm - 9pm

正念基础课程 (中文讲解 - 4 堂课)

Simei: Oct 3, 10, 17, 24 (Wed) 3pm - 5pm

MacPherson: Nov 7, 14, 21, 28 (Wed) 3pm - 5pm

Novena: Nov 28, Dec 5, 12, 19 (Wed) 7pm - 9pm

MFC: \$160 | \$32 for Seniors *SkillsFuture credits can be applied*



Mindfulness Intermediate Course (MIC - 4 sessions)

Novena: Sept 24, Oct 1, 8, 15 (Mon) 7pm - 9pm

Mindfulness-Based Stress Reduction (MBSR) Program (8 sessions) + 1 full day retreat

Novena: Oct 2, 5, 9, 12, 16, 23, 26, 30 (Tues/Fri) 7.15pm - 9.30pm

Full day retreat: 21 Oct (Sun) 9.30am - 5pm

Simei: Oct 4, 11, 18, 25, Nov 1, 8, 15, 22 (Thur) 7pm - 9.30pm

Full day retreat: Nov 11 (Sun) 9.30am - 5pm

Novena: Oct 27, Nov 3, 10, 17, 24, Dec 1, 8, 15 (Sat) 2.30pm - 5pm

Full day retreat: Dec 2 (Sun) 9.30am - 5pm

正念减压课程 (中文讲解 - 8 堂课)

Simei: Oct 2, 9, 16, 23, 30, Nov 13, 20, 27 (Tues) 3pm - 5.30pm

Full day retreat: Nov 18 (Sun) 9.30am - 5pm

MBSR: \$550 | Seniors: \$110 *SkillsFuture credits can be applied*

MBSR - One Day Workshop for mindfulness course graduates

Oct 21, Nov 11, Dec 2 (Sun) @ 9.30am - 5pm

MBSR - One Day Workshop \$120 | \$60 for Early Birds : Seniors: \$24

Mindfulness Advance Course @ Sentosa

Nov 25 - 27 (Sun-Tues) 3-day Residential