

MINDFULNESS COURSES 正念课程

Learn the skills to reduce stress, be calmer, more present and improve your relationships

Mindfulness Foundation Course (4 sessions)

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

Novena: Nov 30, Dec 7, 14, 21 (Fri) 3pm - 5pm

Novena: Jan 3, 10, 17, 24 (Thur) 7pm - 9pm

Simei: Jan 4, 11, 18, 25 (Fri) 3pm - 5pm

Novena: Jan 5, 12, 19, 26 (Sat) 2pm - 4pm

Novena: Jan 31, Feb 14, 21, 28 (Thur) 7pm - 9pm

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



正念基础课程 (中文讲解 - 4 堂课)

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

Novena: Jan 5, 12, 19, 26 (Sat) 10.30am - 12.30pm

MacPherson: Jan 9, 16, 23, 30 (Wed) 3pm - 5pm

Simei: Feb 14, 21, 28, Mar 7 (Thur) 3pm - 5pm

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

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

Novena: Jan 8, 15, 22, 29, Feb 12, 19, 26, Mar 5 (Tue) 7pm - 9.30pm

Full Day Retreat: 17 Feb (Sun) 9.30am - 5pm

正念减压课程 (MBSR - 中文讲解 - 8 堂课 + 一日静观)

Novena: Jan 8, 15, 22, 29, Feb 12, 19, 26, Mar 5 (Tue), 3pm - 5.30pm

Full Day Retreat: 24 Feb (Sun) 9.30am - 5pm

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

Mindfulness-Based Therapy for Insomnia Course (8 sessions) + 1 full day retreat

Simei: Jan 17, 24, 31, Feb 14, 21, 28, Mar 7, 14 (Thur) 7pm - 9.30pm

Full Day Retreat: Mar 3 (Sun) 9.30am - 5pm

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

MBSR - One Day Workshop for mindfulness course graduates Dec 2, Feb 17 (Sun) @ 9.30am - 5pm

Fee: \$120 | \$60 for Early Birds : Seniors: \$24

Mindfulness for Enhanced Performance (3 sessions) NEW

Novena: Jan 11, 18, 25 (Fri) 2pm - 6pm

Fee: \$250 | \$50 for Seniors *SkillsFuture credits can be applied*