

Mindfulness Based Stress Reduction (MBSR) 8-week Course in Central

Teachers:

Mrs. Cathy Ziengs and Mr. Karson Ka-Shun Wong



MBH Advisory
MIND-BODY HEALTH

MBSR ORIENTATION

Monday Evening

6:30 – 8:00 pm

January 8th or 22nd, 2018

Venue: Hong Kong Center for Mindfulness
Room 1701, 17/F, Far East Consortium Building
121 Des Voeux Road, Central

What is Mindfulness?

What happens in the Stress-Reduction Program?

MBSR teaches you how to become more aware, moment by moment, of the physical and psychological factors that affect your wellbeing. It achieves this by teaching easy-to-use mindfulness tools, including meditative practices, simple yoga and physical movements, and personal awareness exercises. Nearly three decades of published research indicates that people benefit from the program. The program consists of 20 hours over 8 weekly sessions, plus one full day of instruction, sharing and practice.

Come to this free information evening to learn more about it.

Registration:

To reserve a space at Orientation, please e-mail:

Cathy Ziengs at MBHmbsr@gmail.com

NOTE: Course start date is 29 January 2018

Enquiries:

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Cathy and Karson are *CFM Qualified MBSR Teachers*, trained at The Center for Mindfulness, UMASS

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