

**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

**Monday Evenings**  
**6:30 – 9:00 pm**  
**29 January – 26 March 2018**

Weekly sessions: Jan. 29 Feb. 5, 12, 26 Mar. 5, 12, 19, 26  
1-Day Retreat: Sunday, March 18 (9:30 am – 4:30 pm)

**Cost:** HKD 3,900 (includes workbook, audio recordings, readings)

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

**Registration:**

To request Course Application, please e-mail:  
Cathy Ziengs at [MBHmbsr@gmail.com](mailto:MBHmbsr@gmail.com)

*Applications can be submitted by e-mail, or post to the address below*

**NOTE:** *Class limited to 24 persons*

**Payment methods:**

- Cheque payable to: *MBH Advisory Limited*
- Bank transfers, cash deposits, cheque deposits:  
Bank of East Asia – # 015-51468019597 (MBH Advisory Limited)  
– *please provide copy of receipt of transfer or deposit*

**Enquiries:**

Cathy Ziengs: + 852 9156 2222

Karson Wong: +852 9852 7207

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

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