Mindfulness-Based Cognitive Therapy (MBCT)

Suitable for people experiencing:

- · low mood, anxiety
- · emotionally imbalanced
- excessively worries
- short temperted, impatient

unrestful

stuggles with distressing thoughts

Mindfulness-Based Cognitive Therapy (MBCT): A present for self: Time to take care of self with compassion

Feedbacks from participants:

- gratitude to body
- stress reduction
- improve insomnia
- understand children
- improve relationship
- acceptance
- reduce anxiety and depression
- live in present moment

Dec 3, 10, 17 (Thurs); Dec 22, 29 (Tues); Jan 7, 14, 21 (Thurs)

· 6:45pm - 8:45pm (Online Zoom Class)

1-day silent retreat (in-person class): Jan 17, 2021 (Sun)

Venue: Shop 43, 1/F, The Corinthia By The Sea, TKO

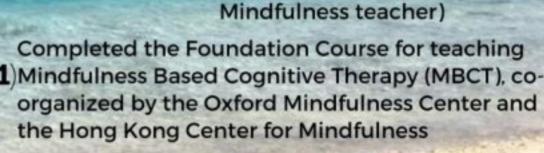
\$5,200 per person/

Small group class: 6 - 8 people

Teaching medium: English and supplemented with Chinese

Enquiry: 6604 4966 (whatsapp)

2244 6614 (Tel)



Teacher: Venus Yiu (Clinical Psychologist,

