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## MINDFULNESS-BASED STRESS REDUCTION (MBSR) 8-WEEK PROGRAM

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Explore how Mindfulness can support living life more fully, with greater ease and joy.

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## EVIDENCE-BASED MINDFULNESS PROGRAM

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Research from all over the world has shown positive benefits after a MBSR 8-Week Program. Usually participants report reduced stress, anxiety and pain, and increased attention, self-awareness, resilience and more appreciation of everyday life.

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**For registration or more information:**

<https://scienceartmeditation.com>

<https://mindfulnesslifecoaching.com>

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## ABOUT THE TEACHERS



Nathalie Choo and Kendra Malloy are qualified MBSR (Mindfulness-Based Stress Reduction) instructors Level 1 from the Mindfulness Center at Brown University School of Public Health.

They are collaborating internationally to contribute to a world more heart-connected to heal ourselves and the planet.

They are both committed to the Good Practices Guidelines from the Mindfulness Center-Brown University. ([learn more](#))

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## MINDFULNESS-BASED STRESS REDUCTION (MBSR) 8-WEEK PROGRAM

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Are you feeling stress,  
anxiety, exhaustion,  
recurrent depression  
or generally unhappy  
with your life?

Are you looking  
for a more  
nourishing life?

This educational  
program offers an  
intensive training in  
mindfulness practices  
to integrate the tools  
into everyday life.



MBSR was developed over 40 years ago by Jon Kabat-Zinn, Professor Emeritus at the University of Massachusetts Medical School. His work has immensely contributed to a growing mindfulness movement into mainstream institutions such as medicine, psychology, health care, neuroscience, education, business, justice, government and professional sports.

The MBSR program is designed to support participants to access innate resources through mindfulness practices, to learn how to relate differently to experiences and how to respond instead of reacting automatically.

This structured course is largely experiential and is based on simple meditation practices. It consists of weekly sessions of 2 hours 30 mins on Zoom with a small group of participants. There is a suggestion of personal practice of 30-40 mins per day. Some guided meditations and a handbook course will be provided to support the learning and help to bring mindfulness into everyday life.

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### WHAT IS THE SCHEDULE AND HOW TO REGISTER TO THE PROGRAM

The next cycle will start in **Fall 2022 (September-November 2022)**.

You can contact us via our website to let us know about your schedule.

**Program fee** is either **\$300 or \$565 or \$725**. Choose the highest price you can afford. Scholarships are available.