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## ABOUT THE TEACHER

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Nathalie Choo is a qualified MBSR (Mindfulness-Based Stress Reduction), MBCT (Mindfulness-Based Cognitive Therapy) and FPFW (Finding Peace in a Frantic World) instructor.

She has been trained by the Mindfulness Center at Brown University and by Oxford University Mindfulness Centre.

She is currently completing the certificate Teaching Mindfulness in the Workplace through the Oxford Mindfulness Foundation.

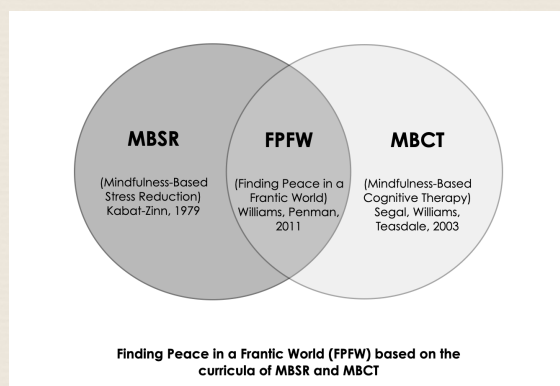
Her intention is to bring together her skills as an Economics Lecturer and her passion for mindfulness to cultivate mental health (through self awareness and awareness of others) and strengthen the capacity for resilience. Her wish is to contribute to a world more heart connected to heal the world and the planet.

She is committed to the Guiding Ethical Principles from Oxford Mindfulness Centre. ([Learn more](#))

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## EVIDENCE-BASED MINDFULNESS PROGRAM DEVELOPED BY OXFORD UNIVERSITY

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In the same way that physical exercise helps with physical health, there is a growing recognition that mindfulness training and cognitive behavioural therapy tools can support mental health and well-being.

Several studies about FPFW have shown: significant reduction in anxiety, depression and stress - significant improvement in well being, awareness and self compassion.

This introductory course to mindfulness skills has been found to be effective with adults in workplaces, with university students and school teachers.

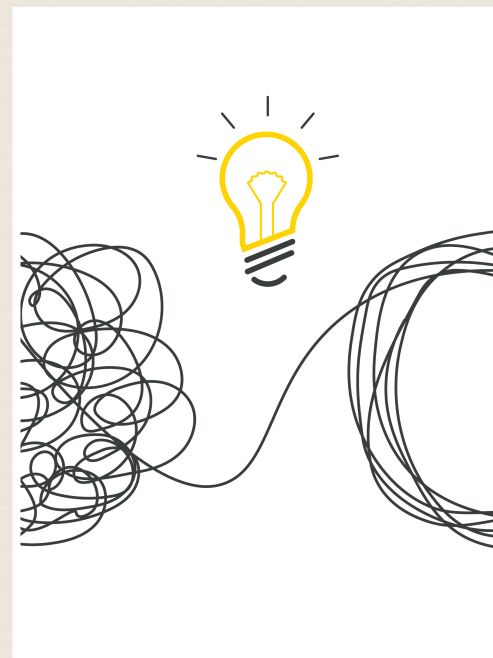
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<https://scienceartmeditation.com>

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## MINDFULNESS - FINDING PEACE IN A FRANTIC WORLD 6-WEEK PROGRAM

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Learning how to work with the mind  
skillfully

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

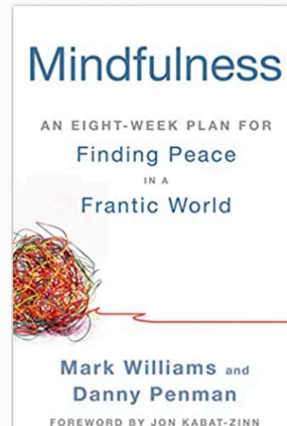
Are you looking for a more nourishing life?

This course will offer you some practical tools to improve well-being and resilience to stress.

## EVIDENCE-BASED MINDFULNESS 6-WEEK PROGRAM

This structured course is largely experiential and is based on simple meditation practices and effective exercises from CBT (Cognitive Behavioral Therapy) and positive psychology.

It consists of weekly sessions of 1 hour 30 mins with a small group of participants meeting in person.



The program is based on the best-selling book, *Mindfulness: Finding Peace in a Frantic World (FPFW)*, by Prof. Mark Williams, PhD and Danny Penman, PhD. It has been adapted by the latest research in psychology and neuroscience by Prof. Mark Williams and Chris Cullen for the Oxford Mindfulness Centre.

It is a highly accessible, engaging and practical introduction to bring mindfulness into everyday life and in the workplace, to learn how to manage difficulties but also to cultivate joy, compassion, equanimity and wisdom.

It has been taught in community settings, universities and in workplaces all over the world.

The course themes include: waking up to the life you have, gathering the scattered mind, relating differently to thoughts and worries, practicing kindness and nourishing activities.

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

We will meet once per week at the same day, same time, for 6 consecutive weeks (one hour and a half per week).

**Program fee is \$495 per person.** Scholarships are available.

Please register as soon as possible via our [website](#) as space is limited.