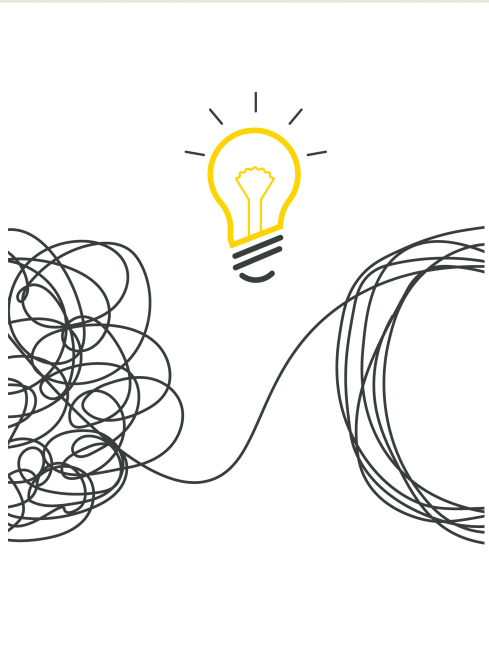

MINDFULNESS-BASED COGNITIVE THERAPY (MBCT) FOR LIFE 8-WEEK PROGRAM



Learning how to work with the
mind skillfully

RESEARCH-BASED MINDFULNESS PROGRAM DESIGNED BY OXFORD UNIVERSITY

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

MBCT for Life has been developed in the light of research at Oxford University and other leading research centers.

For registration or more information:

<https://scienceartmeditation.com>

<https://mindfulwaydaily.com>

ABOUT THE TEACHERS



Nathalie Choo and Eva Jeretin are qualified MBSR (Mindfulness-Based Stress Reduction) instructors from the Mindfulness Center at Brown University School of Public Health. They have also been trained to teach MBCT for Life from Oxford University Mindfulness Centre (UK).

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

They are both committed to the Guiding Ethical principles from Oxford Mindfulness centre ([learn more](#))

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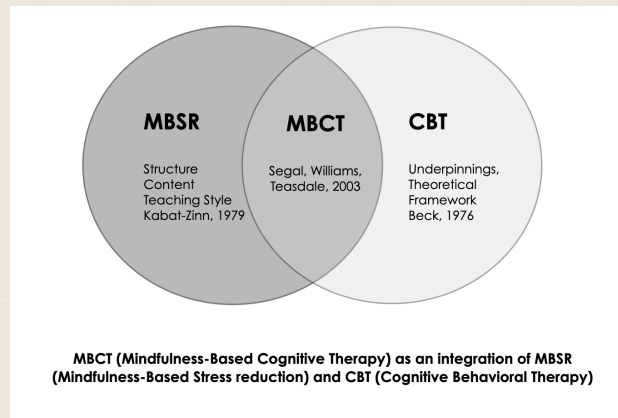
3/5/2023 - 4/30/2023

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
respond skillfully
with everyday ups
and downs.

This structured course is largely experiential and is based on simple meditation practices and effective exercises from CBT and positive psychology. It consists of weekly sessions of 2 hours 15 mins on Zoom with a small group of participants.



MBCT for Life is built on the framework of MBCT that was originally designed for depression and has been shown to be effective for the risk of relapse, and is also beneficial for anxiety, mood changes and emotional distress, which is relevant to most of us.

It is now taught in mainstream, everyday settings and aims to benefit people across the spectrum of mental health and well-being. It helps to reduce reactivity, learning how to respond skillfully to the challenges in life and cultivate joy.

WHAT IS THE SCHEDULE AND HOW TO REGISTER TO THE PROGRAM

The program will be held on **Sundays from 9:00-11:15am EST** (6:00-8:15am PT and 3:00-5:15pm CET)

A free information session will be offered on **Sunday 2/19/2023 (10:00-11:00am EST)**.

The first session begins on **Sunday 3/5/2023** and the last session ends on **4/30/2023**.

There will be **no session on 4/9/2023**.

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

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