

Experiential Workshop:



MINDFULNESS for Well-being **MBCT- Mindfulness based Cognitive Therapy**

Breaking cycles of stress
Living with more ease

8-weeks MBCT evidence-based course

About:

MBCT forms the foundation for anyone wishing to break patterns that keep them stuck, and be in touch with deeper contentment and freedom through learning skills and understanding.

The structured format helps people explore mind habits, be more aware of the mind-body connections and have access to choice that supports longer term well-being and resilience. The 8-weeks mindfulness-based course is one of the most widely researched evidence based courses in mindfulness. It combines mindfulness based practices with cognitive exercises. Originally developed to support well-being in those struggling with depression with meta-analysis showing it halves risks of relapse of depression. Evidence also suggests MBCT helps with managing anxiety and everyday stresses. It involves the integration of mindfulness into daily living and develops resilience and healthy qualities of well-being for those that wish to live a happier and healthier life.

Variations of the program have also been implemented in schools, workplaces for staff's wellbeing, for parliamentary members and for the wider community.

(For those interested in becoming mindfulness facilitators, this course also forms the first step towards the MBCT facilitator's pathway).

Resources provided and lunch on full-day, includes pre-interview to help understand your needs.

Details:

8-weeks: Wednesday evenings **begins 17th January 2018**
Time: 645pm – 845pm, includes a full-day guided silent practice on the 24th February.
Where: Avebury House or Dudley Street (venue to be confirmed)
Cost: \$355 (subsidized early bird before January 10th), \$425 (after January 10th)
(for MBCT returnees – Koha) (can also be purchased as gift vouchers for others)

Registration now: Email: eLosparks@yahoo.com or Text: 0210 250 6597 with your email.

Kindly deposit \$50 with your name initials into 06-0909-0397177-00 to secure your place, and email to obtain a registration form & pre-program questionnaire.

Facilitator – Trainer: Lin Ong

Lin, like you, is a human being who encounters the ups and downs of life and the universal wish to be in touch with happiness and peace. She has experienced this in moments of mindfulness practice and invites you to embrace this path of discovery in the ongoing journey.

Lin is a Mindfulness Works facilitator and trainer. She has a background in psychology, social work, counselling, coaching and facilitates mindfulness in various contexts. Her MBCT training background is through the Oxford Mindfulness Centre (OMC), UK supervised pathway and she is an OMC Associate. She is deeply grateful to people such as Prof Mark Williams and Prof Jon Kabat-Zinn and her supervisors as well as her other precious Teachers from various walks of life, her family and friends. Her motivation is to work alongside you in a way that enlivens and empowers so that you can benefit yourself and others.