

## Christchurch Course



## MINDFULNESS

### Peace in a Frantic World with Lin Ong

**Noticing the stresses in our lives,  
ranging from busyness to the natural uncertainties.  
How may we live with more ease and peace  
in spite of the seemingly frantic nature?**

**How may we learn to struggle less through understanding?**

**Practical, with resource materials and audios**

**Four weeks: Two hours each week; four Wednesdays**

**Duration: Begins Wednesday 18<sup>th</sup> April – 9<sup>th</sup> May 2018**

**Time: 645pm – 845pm**

**Venue: Avebury House or Dudley Street community space  
(TBC)**

Importantly, developing skills in mindfulness has been shown to be supportive for people in developing resilience and coping with symptoms of stress, particularly for many of us who may at times struggle to keep up with the demands of the modern world as well as the uncertainties. In the longer term, realising such skills and understanding the mind processes helps toward discovering what is from moment to moment, and makes space for deeper freedom, happiness and peace.

This course is based in part on MBCT (Mindfulness-Based Cognitive Therapy) research-based structure. This briefer course is offered in a lighter format and offers practical ways to integrate mindfulness into everyday life, then allowing people to continue with the practice at their own pace over a longer period of time.

It has been observed that people benefit from having a direct practical experience in a group facilitated by an experienced trainer.

This course is widely effective for supporting well-being in the community for those who are generally well, yet would like to maintain their mental health and live with more balance and peace. This experiential course reveals a set of simple yet powerful practices that you can incorporate. There will be opportunities to practise working with difficulties through kindness, as well as bringing awareness to some of our habitual patterns, in turn allowing us to reclaim our lives.

### Who is it suitable for?

- Those who are interested or new to mindfulness and meditation and would like to learn a direct and practical way of integrating it into their daily life.
- Or those who have completed an Introduction to Mindfulness course with Mindfulness Works and would like to get a deeper and continued practice as a group and maintain practice through a research based structure.
- Those who would like to learn to let go of difficult thinking patterns and/or who experience slight symptoms of anxiety or depression or are looking for a way to support well-being.
- Those coping with everyday struggles or stress, who want to learn to live differently.

#### Note:

For those who have previously attended this 4-weeks PFW course, you are welcome to return for free/token koha for the entire course if you commit to all the classes, as promised by Lin.

For those who have attended a previous 8-weeks MBCT course, you can also contact Lin for subsidies. This is offered to support ongoing practice.

### Registration to confirm your place

**Email:** [eLosparks@yahoo.com](mailto:eLosparks@yahoo.com) or text / ring: 0210 250 6597

**Course fees (includes resource materials):** \$275 - \$350  
(give what you can afford in range)



**TRAINER:** Lin (Ee Lin Ong) is certified to deliver MBCT through the Oxford Mindfulness Centre (OMC), UK supervised pathway. She is also a facilitator and a lead trainer for Mindfulness Works, New Zealand and Australia. Being an OMC Associate, she provides mindfulness training internationally and locally. Lin is deeply grateful to Prof Mark Williams and Dr Jon Kabat-Zinn and her supervisors from Oxford Mindfulness Centre, UK as well as her other precious teachers from various walks of life, and her family, friends and the participants she has met. Lin has a deep interest in research-based approaches that bring together the strengths of modern science and ancient wisdom to help alleviate suffering and promote well-being in people. Her motivation is to work alongside you in a way that enlivens and empowers, so that you can benefit yourself and others.