

Save the dates!

Winnipeg hosts internationally acclaimed instructors

FOR A 5-DAY RESIDENTIAL INTENSIVE PROGRAM
based on the 8-week MBSR program

ABOUT THE PROGRAM

In this 5-day intensive program, you will experience key components of the 8-week evidence-based Mindfulness-Based Stress Reduction Program (MBSR) developed by Jon Kabat-Zinn. It is offered for those who may not be able to attend the traditional 8-week course.

This highly participatory program will include:

- Guided instruction in mindfulness meditation practices
- Gentle stretching and mindful movement
- Inquiry exercises to enhance awareness in everyday life
- Individually tailored instruction
- Group dialogue
- Guided audio files for home practice and a workbook

Watch for updates about this international collaboration at chcm-ccsm.ca!

January 20–25, 2017

LOCATION: TBD

TUITION: TBD

Who should attend?

This intensive training is designed for members of the general public, as well as for professionals who wish to integrate mindfulness into their work. Participating in this program satisfies one of the prerequisites for becoming an MBSR program teacher. Meditation experience is not necessary to participate in this 5-day Residential Intensive. All are welcome!

DETAILS:

Suzanne / 204-258-1053 / sdupuis@chcm-ccsm.ca



Save the dates!

Internationally recognized MBSR teacher training comes to Winnipeg

Want to teach or incorporate mindfulness into your professional life?

JOIN US FOR THE MBSR 9-DAY TEACHER TRAINING PRACTICUM INTENSIVE

For participants interested in teaching MBSR, the 5-Day Intensive is followed by an additional 4 days of Teacher Training.

January 20–29, 2017

LOCATION: TBD

TUITION: TBD

Prerequisites: 8-week MBSR Program or 5-day intensive MBSR Retreat, an established regular meditation practice, and a 5–10 day teacher-led silent retreat.

DETAILS:

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