



**Mindfulness Based Stress Reduction (MBSR)  
8-week Course**

**20 April – 15 June 2017**  
**Thursday mornings 9:30 am – 12 noon**  
**TST East**

**Course Dates:** (Thursday Mornings + 1 Sunday retreat)

Orientation (required): April 20, 2017 (9:30 – 11 am)

8 Weekly Classes: Apr. 27 May 4, 11, 18, 25 June 1, 8, 15 (9:30 am – 12 noon)  
1-Day Retreat: Sunday, June 4 (9:30 am – 4:30 pm)

**Location:**

The Centre of Mindfulness  
1/F, Seaview Mansion,  
7 Chatham Road South  
Tsim Sha Tsui East, Kowloon  
MTR - TST East, Exit P3

**Cost:** HKD 3,800

Price includes course materials (workbook, audio recordings, readings)

**Registration details:**

To register for the course, please attend the Orientation on April 20, 2017  
Please RSVP for the orientation by Whatsapp 9697 2768 or email Cathy Ziengs at  
MBHmbsr@gmail.com. If you cannot come to the orientation, please contact Cathy  
to discuss other options.

**Payment method:**

Upon confirmation, please deposit funds to HSBC bank account 033-344722-001  
("The Centre of Mindfulness Limited") and Whatsapp the deposit slip to 9697  
2768. Alternatively, you may issue a cheque to "The Centre of Mindfulness Limited"  
at the first session.

**NOTE 1:** Please wear comfortable clothing and bring yoga mat each week

**NOTE 2:** Course will be taught in English

**Enquiry:** Cathy Ziengs – [MBHmbsr@gmail.com](mailto:MBHmbsr@gmail.com) or 9156 2222