

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

*Teachers:*

*Mrs. Cathy Ziengs and Mr. Karson Ka-Shun Wong*



**MBH Advisory**  
MIND-BODY HEALTH

**Thursday Mornings**  
**9:30 am – 12:00 noon**  
**1 February – 29 March 2018**

Weekly sessions: Feb. 1, 8, 15 Mar. 1, 8, 15, 22, 29  
1-Day Retreat: Sunday, March 18 (9:30 am – 4:30 pm)

**Cost:** HKD 3,900 (includes workbook, audio recordings, readings)

**Venue:** The Centre of Mindfulness  
Seaview Mansions, 1/F  
7 Chatham Road South, Tsim Sha Tsui East, Kowloon  
MTR: TST Exit P2 or P3

**Registration:**

To request Course Application, please e-mail:  
Cathy Ziengs at [MBHmbsr@gmail.com](mailto:MBHmbsr@gmail.com)

*Applications can be submitted by e-mail, or post to the address below*

*NOTE: Class limited to 12 persons*

**Payment methods:**

- Cheque payable to: *The Centre of Mindfulness Limited*
- Bank transfers, cash deposits, cheque deposits:  
HSBC – # 033-344722-001 (The Centre of Mindfulness Limited)  
– *please provide copy of receipt of transfer or deposit*

**Enquiries:**

Cathy Ziengs: + 852 9156 2222

Karson Wong: +852 9852 7207

Cathy and Karson are *CFM Qualified MBSR Teachers* trained at The Center for Mindfulness, UMASS

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