



Is this group for me?

The MPSR Program is for you if you are new to mindfulness and looking for a strong foundation to begin practicing it regularly. It is also for you if you are already practicing and would like to deepen your understanding and skills. You'll receive graduated progressive training in both formal meditation and informal 'pausing' practices.

A signature focus of the MPSR Program is the teaching of discrete skills of mindfulness meditation and illustrating how these skills can be transferred into your life each and every day.

Essential Skills for Mindfulness Meditation and Living a Mindful Life

When and Where

Saturdays, 9.30a - 12.00p

Oct 13 - Dec 8, 2018 (skip Nov 10)

Daylong Retreat Nov 24

Centre for MindBody Health

250 Eglinton Ave W., Suite 200

Contact Us

Phone: 416.855.2624

Email: info@cmbh.space

Web: cmbh.space



Mindful
Practices for
Stress
Reduction



Mindful Practices for Stress Reduction

An Eight Week Group Program



How to join

This group enrolls a **maximum of 10 participants**.

The first step to joining is contacting CMBH to schedule an individual 30 minute meeting with the group facilitator, Ian Singer.

Email us at cmbh@cmbh.space or call 416.855.2624 (CMBH).

Registration details

The fee for this 8-week program is \$800. Included are the pre-enrolment interview, the day-long retreat, and all course materials. You will receive a course workbook and audio downloads of all the guided meditations. Should you decide not to join following the pre-enrolment interview, the fee for the 30-minute meeting is \$90.

Fees are covered by most extended healthcare plans. Receipts for psychological services are provided by Dr. Shari Geller, the supervising Registered Psychologist. Please check with your insurer about your coverage. Fees not covered by benefits may be claimed as a medical expense for tax purposes.

Refunds will be provided up to 8 days before the program start date. Refunds are subject to a \$100 administration fee.



Ian Singer, MA, MSW, RSW

is an Associate Psychotherapist at the *Centre for MindBody Health*, an Instructor in the Applied Mindfulness Meditation Certificate Program offered through the *University of Toronto's School of Continuing Studies*, and on Faculty at the *Centre for Mindfulness Studies*.

Ian has been practicing mindfulness meditation since 1992. He has led therapeutic mindfulness groups since 2012.