

## REGISTRATION FEE

The total fee for this 8-week program is **\$800.00**. Payments may be made by post-dated cheque (8 x \$100) or in a lump sum Interac e-transfer. This includes the pre-enrolment interview and all course materials. Participants receive a course workbook and audio recordings of all guided meditations. For those choosing not to join the group following the pre-enrolment interview, the fee for the 30-minute meeting is \$90.00.

Registration will be processed following receipt of payment. You will receive an email confirmation of your registration once your payment is processed.

Fees are covered by many extended healthcare plans. Receipts for Psychological Services are provided by the supervising Registered Psychologist, Dr. Shari Geller. Please check with your insurer about your coverage. Fees not covered by insurance may be claimed as medical expenses for tax purposes.

CMBH will provide refunds up to 7 days prior to this workshop. Refunds are subject to a \$100 administrative fee.

*Refunds will not be provided after Friday, April 13<sup>th</sup>, 2018.*

## WHEN & WHERE

*Saturdays: 9.30am-12noon*

April 21 to June 16, 2018

(excluding May 19)

Daylong Mindfulness Retreat on Sat June 2

*@ the Centre for MindBody Health*

*250 Eglinton Ave W, Suite 200*

## PROGRAM FACILITATOR



**Ian Singer, MA, MSW, RSW**, is an associate at the *Centre for MindBody Health*, a member of the faculty at the *Centre for Mindfulness Studies* and an Instructor in the Applied Mindfulness Meditation Certificate Program offered through the *University of Toronto's School of Continuing Studies*. Ian has been practicing mindfulness meditation since 1992 and leading therapeutic mindfulness groups since 2012.

## HOW TO JOIN

This group allows for a **maximum of 10 participants**.

**An individual, half-hour meeting with Ian is required prior to registration.**

To secure your place in the group, please contact the Centre for MindBody Health at your earliest convenience.

**Call: 416-855-2624 (CMBH)**

**Email: [cmbh@cmbh.space](mailto:cmbh@cmbh.space)**

## WHAT YOU'LL LEARN

By the end of this skills-based program you can expect to be firmly established the practice of mindfulness and mindfulness meditation.

Topics covered:

- Instruction in formal meditation and everyday mindful living
- Practices for cultivating mental stability and attentional control
- Practices for cultivating emotional balance and resilience
- Skills for releasing stress and fostering ease
- Skills for recognizing and coming out of unwanted habits
- Practices for becoming more present, accepting and willing
- Practices for cultivating self-compassion
- Practices for letting go of anger

## WHO THIS GROUP IS FOR

This group is appropriate for those who are new to mindfulness but would like to begin to practice it regularly as well as those who are already practicing mindfulness but wish to deepen their understanding and skills. Participants receive graduated training in formal and informal mindfulness practice. Their knowledge base and skills will grow and develop from week to week. ***A signature focus of this program is on teaching the discrete skills of meditation and the ways these skills can be transferred into everyday life.***



TEL: 416.855.CMBH (2624)

FAX: 647.729.5551

WEB: [www.cmbh.space](http://www.cmbh.space)

INQUIRIES: [info@cmbh.space](mailto:info@cmbh.space)

CENTRE FOR MINDBODY HEALTH

## *Mindful Practices for Stress Reduction*

An Eight Week Group Program

