



MINDFULNESS TRAINING

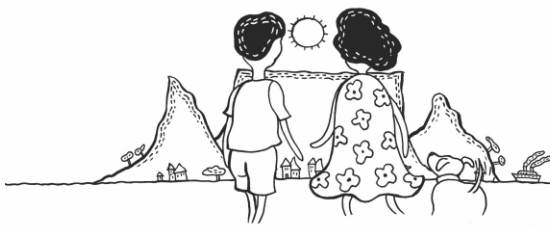
Two hours a week for eight weeks



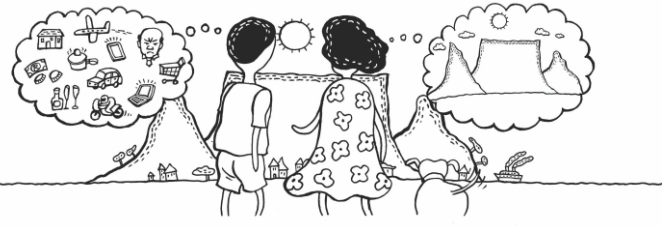
OPTION 1: 30 March; 6, 13, 20 April; 4, 11, 18, 25 May
OPTION 2: 3, 10, 17, 24, 31 Aug; 7, 14, 21 Sept 2022
18:00-20:00 SAST (Wednesday evenings)

R4,200 per delegate

Full payment must be received three days before the course. Registrations close three days before the course starts.



Mind full or Mindful?



Mind full or Mindful?

In the midst of chaos and uncertainty, find stability within yourself.

Mindfulness is about being fully present in our lives, embracing all our experiences, and most importantly, changing the relationship we have towards our suffering. Mindfulness training helps us to regulate our nervous system and improve our sense of well-being, which in turn cultivates equanimity of mind, which we can apply to the way we work and live. This eight-week course works incrementally to grow our mindfulness muscle and sustain our own practice within a network of group support.

Presented by:



Jenny Canau

Co-founder and director of Mindfulness Africa

TO JOIN THE COURSE:

Email: Don Coue on don.coue@uct.ac.za

Or visit: www.lawatwork.uct.ac.za