

3-WEEK DEEPENING WORKSHOP + FULL DAY SILENT PRACTICE

1st, 8th and 15th May (Sun)
8.30am to 12noon
Venue: SCWO

Day of Silent Practice - 20th May (Fri)
Venue: 291 Serangoon Road

NAVIGATING THE BOUNDLESS DEPTH OF THE PRACTICE

For those who have completed some form of mindfulness training or 8-week mindfulness programs

Real Life Embodiment topic each week:

Participants should be ready to arrive with a real-life issue to explore in session

Week 1: Attitudinal Cultivation

Willingness & Openness | Friendliness | Allowing & Letting Be

Week 2: Ease with Paradox

Balance & Equanimity | Life Paradox | Spaciousness

Week 3: Subtle Awareness

Intention Exploration | Feeling Tones | Self-inquiry

Nett Fees: \$675 | **Early Bird Fees: \$585**
for registration before 12th April 2022



SYNOPSIS

Week 1: Deepening Attitudinal Cultivation in Mindfulness Practice

Willingness & Openness | Friendliness | Allowing & Letting Be

Real-life embodiment: Is there a particular person or aspect of life that you wish to develop more openness and friendliness towards, which would bring tremendous value to your well-being?

Week 2: Deepening ease with paradoxical nature of life

Practice for balance and equanimity

Taking apart common paradoxes in practice e.g. Feeling deeply without entanglement, Engaged without Striving, Surrender without giving up. Self-inquiry for inner spaciousness

Real-life embodiment: In the course of life or practice, is there any paradox that you are unable to reconcile, i.e. want and don't want, love and hate?

Week 3: Deepening the nuances of practice and subtle awareness

Exploring and solidifying intention in practice

Introduction to feeling tones – the beginning before awareness?

Self-inquiry without over thinking, and subconscious judgement

Real-life embodiment: Think of an example in practice or in life that you have the repeated intention to act on but somehow isn't happening.

Teacher's Profile

Jace has served hundreds of individuals as a mindfulness teacher, yoga teacher and a professional mental health counsellor since her mindfulness journey started 10 years ago. One of the very few professionals in Singapore fully certified to teach MBCT by Oxford University's Mindfulness Centre, she has taught numerous groups MBCT and other mindfulness related workshops.

JACE LOI

Mindfulness Teacher,
Counsellor, Yoga Teacher

