

8-WEEK RESEARCH-BASED
MINDFULNESS PROGRAM
SUITABLE FOR ALL LEVELS OF PRACTICE

MINDFULNESS- BASED

8 - WEEK MBCT - L

THE JOURNEY OF NAVIGATING & MASTERING
YOUR MIND AND LIFE

COGNITIVE

THERAPY FOR LIFE

STARTING ON 28TH AUG 2022
LIVE @SCWO 96 WATERLOO ST
EVERY SUN 8.30AM - 10.45AM
PLUS A FULL DAY SILENT RETREAT

SINGAPORE

BY JACE LOI
www.Mingmindfulness.com

Organised by:



\$120 EARLY BIRD DISCOUNT BEFORE 17TH JULY 2022

ONCE A WEEK ON SUNDAY

8.30AM TO 10.45AM

DATES

28 AUG 2022

4 SEP 2022

11 SEP 2022

18 SEP 2022

25 SEP 2022

2 OCT 2022

9 OCT 2022

16 OCT 2022

DAY OF SILENT RETREAT

7 OCT 2022, FRIDAY | 9.15AM TO 4.45PM

Jace has served hundreds of individuals as a mindfulness teacher, yoga teacher and a professional mental health counsellor since her 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

Professionally Certified
Mindfulness Teacher,
Counsellor & Yoga Teacher
Read more on
mingmindfulness.com/about

Join the **research-backed program** that honours and balances the **traditional roots of mindfulness** practice, **modern psychology & life**.

Both beginners & existing practitioners are welcomed.

LEARN

POST-PROGRAM BONUS

Free 75-min Zoom session on sharing or teaching Mindfulness and applying in relationships.

23rd Oct 2022 - 8.30am to 9.45am

Common Misunderstandings and Challenges.
Sharing Mindfulness in Different Settings -
Group vs 1-1
Professional vs Personal
Q&A

Note: This is in spirit of sharing and does not constitute as Teacher's training.

Immerse and get intimate with your inner being through different mindfulness practices

Developed from MBCT, a clinically researched program prevent to reduce relapses in depression

Proven benefits on well-being and mood regulation

Explore and befriend your mind with numerous cognitive themes and exercises

Begin a lifetime practice of cultivating ease and lightness in daily life

Intimate group guidance - not more than 8 pax

Completion of this program fulfils the pre-requisite of some mindfulness programs' teachers' training e.g. MBSR, MBCT-L, DotB etc

REGISTRATION



MINGMINDFULNESS.COM/LIVE-PROGRAMS/
Write to Ming@MingMindfulness.com for queries or request for a exploration phone call (no charge or obligation) if you are not sure whether this is for you.



FEES

\$910 NETT

EARLY BIRD DISCOUNT @ \$790 - SIGN UP BEFORE 7TH AUG

WHAT PEOPLE SAY

“Jace has a wealth of knowledge in various field relating to mindfulness, this coupled with her authentic interpretation of life has made this course more than a standard course..

her experience and energy made the experience one of a kind. Deep intellectual, deep spiritual, yet pure simplicity. It was truly a learning of life and a spiritual journey I had with her. ”

Summer Sui

“My most valuable takeaway from the session was being more accepting of sitting with uncomfortable emotions, which I tend to dismiss akin to a knee-jerk reaction..

I highly recommend Jace's 8 week programme as she embodies a sense of acceptance, curiosity and non-judgement and has been a skillful, funny and compassionate practitioner!”

Krystal Goh
Counsellor-in-training

“In my work where there are so much emotions and suffering, mindfulness helps me to stay grounded.

In this 8 week I found peace and happiness in a way and make myself feel more at ease.

It make me realise that how I could live in peace with myself and not react so much to what is going on around me.”

Christine, Nurse

“This course has helped me realized at a deeper level of self-care, self-observation and being mindful in our daily lives.

The awareness of my own thoughts, emotions and body has improved after attending the MCBT course with Jace. Thank you for being a part of my spiritual journey. It has truly been enriching and also broadened my experience of mindfulness.”

Goh Jun Hui, Pianist

The clear structure and Mindful practices would help anyone a lot in finding a beneficial mindful practice for themselves on a regular basis... I'm very grateful for this to help me for a lifetime. ”

Shimin
Yoga Teacher

“Enjoying myself and more able to catch hold of my emotion before it takes over me, especially in the parenting area! This I feel is the biggest change in me!

A subtle yet powerful program!”

Quah Weelee
Regional Head of Policy mgmt

“Practising mindfulness gives me space to do many things better - to breathe more deeply, to be more aware, to see more vividly, to discern thought from reality and to fail or fall more gracefully.

Life is much the same, and yet different. Thank you for guiding me through this with gentleness.”

Min, Journalist