



MBSR Intensive Training & Retreat

Train to teach Mindfulness-Based Stress Reduction (MBSR).

Learn and experience the foundational underpinnings, mindfulness practices and specific exercises of MBSR.

**University of the Fraser Valley
in Chilliwack, B.C. at Canada Education Park**

Saturday, June 23 (3:30 PM) - Friday, June 29, 2018 (11:30 AM)

Facilitated by Susan Woods MSW LICSW
and Patricia Rockman MD CCFP FCFP

Early Bird Until April: \$ 2,325 (no HST)

Regular Fee: \$ 2,450 (no HST)

*Prerequisite course: Mindfulness Core Concepts with Evan Collins MD FRCPC
at the University of the Fraser Valley on February 13, 2018*

**Go online
to apply
now!**

The Centre
for Mindfulness
Studies 

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