



NSA Subsidised Course

Ageing Well with MINDFULNESS

Course Description

The Ageing Well With Mindfulness course is developed based on the **MBSR (Mindfulness Based Stress Reduction)**, a well-researched and evidence-based program, created by Dr Jon Kabat Zinn in 1979, at the University of Massachusetts Medical School, Center for Mindfulness.

In this course, you will be guided through various mindfulness practice, learn how mindfulness works, perform self-inquiry, share experiences in pairs or group dialogue, and engage in home practices.

FEES:

\$160.00 (full course fees).

\$32.00 (inc. of GST) after National Silver Academy subsidy for Singaporeans & PR aged 50 and above.

Course Duration: **8 hours over 3 sessions**

Course Code: **KS-CBO-M-008E**

SFC Course Code: **TGS-2020508552**

Venue

Kampung Senang Wellness Studio
324 Jurong East St 31 #01-130 (S600324)

Contact Us

6261 2338

nsacourse@kampungsenang.org

As Part of:



Organised by:



An Initiative of:



In Partnership with:

