

## **WINGS – MBSR Registration Cover Sheet**

### **Course Background**

#### ***What is the 8-week Mindfulness-based Stress Reduction (MBSR) Course?***

The Mindfulness-based Stress Reduction (MBSR) course is an empirically-supported 8-week psycho-education course that teaches a variety of mindfulness practices as health intervention and prevention. It is the first form of secular mindfulness course brought into the health setting by Jon Kabat-Zinn, founder of the Stress Reduction Clinic at the University of Massachusetts Medical School in the late 1970s. The course is now practiced by people from all walks of life who wish to lead a more purposeful and fulfilling life with greater sense of balance, ease and choices.

#### ***What is the format of the course?***

The MBSR course is conducted over eight weeks, with each session lasting approximately 2.5 hours. There is a mandatory all day retreat between the sixth and seventh week (from 10am to 4pm), as well as approximately 45 minutes of daily home practice (involving both formal and informal practices) between each session.

#### ***How is the course facilitated?***

In this mindfulness-based course, participants are brought through focussing and open awareness practices through various formal and informal mindfulness practices supported by mindfulness attitudes and intentions such as kindness, compassion and patience. Through the guided practices, discussions and reflections, we get to understand our relationships with stressors in our lives, how they impact us in healthy or unhealthy ways, and how the practice of mindfulness can help us develop a greater sense of choice in life including lifestyle choices, thinking patterns, habits and behaviors, that contribute towards stress reduction, stress prevention and greater self-care in a sustainable manner.

#### ***What is included in the course?***

- Guided instructions in formal mindfulness practices such as sitting meditations (choice of sitting on a chair/cushion/yoga mat) and informal practices such as mindful eating and mindful communication
- Gentle stretching and mindful movements
- Small and large group reflections and discussions in a safe and supported environment by the instructor
- Brief lectures on stress physiology
- Daily home assignments and handouts will be given each session
- Downloadable daily mindfulness practice audio files

#### ***What if I cannot attend some of the sessions? Should I still enrol in the course?***

Each session follows a different theme and is built upon the learning from earlier sessions. To allow one to experience the full benefits of the 8-week course, there is minimum attendance required. Participants are encouraged to sign up only if they expect to miss no more than 2 sessions out of the 9 sessions.

To confirm a place in the 8-week Mindfulness-based Stress Reduction Course, the following must be completed

- 1) Pre-course Questionnaire (via Google Form)
  - a. This contains personal contact details and other lifestyle questions to allow the instructor to better understand the profile of the participant so as to support the individual experience and to provide a conducive environment for the course. The information will also help the instructor to determine the suitability and readiness of the participant for the program.
  - b. Information provided will only be viewed by the instructor in strict confidence.
  - c. In some cases, the instructor may arrange a short intake call for clarifications.
  - d. The link will be provided after the payment is made.
  
- 2) Full Payment made with WINGS
  - a. Should the instructor determine that the participant is not ready to join the program, full refund will be processed
  - b. Cancellation or request for refund due to any other personal reasons should be made at least 7 days prior to the start of the course.
  - c. Please note that the refund process will take six to eight weeks.
  
- 3) Attending the Course Orientation / Information Session
  - a. It is mandatory for registered participants (or those who are keen to join the course) to attend the orientation / information session. The purpose of the Orientation is to share the background of mindfulness and allowing the participant to know what to “expect” from the course.
  - b. If the participant is unable to attend the Orientation, he/she will need to email the instructor before the start of the course to arrange for an intake call with the instructor. Please note that due to scheduling, the instructor may not always be available to conduct the intake call. This may sometimes affect the acceptance to the program.

The instructor’s email will be provided after the payment has been made.