



# MINDFULNESS - BASED STRESS REDUCTION (MBSR)

as developed by Dr. Jon Kabat-Zinn



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CERTIFIED SENIOR MINDFULNESS TEACHER  
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## A 5-DAY RESIDENTIAL RETREAT

### - DATE -

29 NOVEMBER - 5 DECEMBER, 2019  
(06 NIGHTS / 07 DAYS)

### - LOCATION -

MANCOTTA HERITAGE CHANG BUNGALOW  
DIBRUGARH, ASSAM, INDIA

### - ENQUIRIES -

PURVIDISCOVERY@GMAIL.COM

94351 30014 | 94350 31651 | 98303 13010

LAST DATE FOR PARTICIPATION: 31 AUGUST, 2019

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\*Completing this retreat fulfills the first requirement of acceptance into the MBSR Teacher training.\*

*Are you a manager, a teacher, a doctor, a psychologist or a professional in the healing/facilitating sector & are looking for an efficient tool to be even more effective in your profession?*

Or do you simply find you ...

- struggle with disturbing thoughts & emotions, occasionally for no reason?
- are unable to sleep at night because you analyze past or possible future events?
- have recently experienced stress, anxiety, or tiredness or have been dealing with chronic pain?
- find it sometimes difficult to focus & feel agitated & restless?
- seek a deeper inner sense of peace & well-being?

Then the MBSR program is for you!

The Mindfulness Based Stress Reduction Program (MBSR) was originated at the University of Massachusetts's Medical School by Dr. John-Kabat Zinn. Since its beginning, thousands have completed the Mindfulness-Based Stress Reduction Program with the University of Massachusetts & learned how to use their innate resources & abilities to respond more effectively to stress, pain, & illness.

This 5-Day MBSR Intensive retreat is based on the 8-week Mindfulness Based Stress Reduction Program & is offered for those who may not be able to participate in the traditional 8-week retreat. The program consists of 5 days (30 hours) of highly experiential, participatory & structured tuition.

**Minimum number of participants : 08**

**Participation: INR 54000.00 + 5% GST = INR 56700.00 per person on twin sharing basis**

### INCLUSIONS

- Accommodation at Mancotta Heritage Chang Bungalow on twin sharing basis
- All meals starting with lunch on day of arrival & ending with breakfast on day of departure
- Shared airport transfers by driver only
- Services of Instructor- Amir H. Imani, BSc, Med (<http://mindfulbeing.in/main/>)

### EXCLUSIONS

- Any Insurance
- Any Airfares & train fares
- Any expenditure of personal nature like tipping, telephone/fax calls, laundry, alcoholic & non-alcoholic beverages, medical expenses etc
- Any other expenses incurred due to unforeseen & unavoidable circumstances

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