

NNC MASTERCLASS

NEURONOVA
www.neuronovacentre.com

Guiding Mindfulness Practices:

Practicing Your Preamble, Guidance, and Inquiry Skills in Meditation Delivery

Hosted by Grace Bezaire, B.A.

With guest hosts Dr. Allen Steverman, Angie Kingma, and Dr. Jackie Gardner-Nix



Each week features themes of different mindfulness practices: **Body scans; metta meditations; movement meditations; and others.**

- Open to all mindfulness practitioners: [Register](#) for Masterclass
- One participant delivers a practice at each class ([sign-up](#))
- Any formal practice may be offered (either voiced or recorded)
- Host and participants provide mindful feedback following inquiry

Drop-In Class Schedule

- Tuesday 5:00 to 6:15 pm ET
- Wednesday 12:00 to 1:15 pm ET
- Friday 8:00 to 9:15 am ET

Fees

Access to...	MBCPM™ Licensed*	Standard Fee
Four classes	\$75	\$100
Ten classes	\$160	\$200
Yearly (approx. 138 classes)	\$350	\$400

*includes Certificate in Applied Mindfulness Chronic-Pain Management (MBCPM™) Facilitation first year graduates

Sign Up

- MBCPM™ licensed Facilitators may access the quarterly schedule at the NeuroNova Centre [Facilitator](#) password protected page
- Each Monday's **NeuroNova Connect** will post the weekly schedule of classes for sign up

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