

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 facilitators: [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



Grace Bezaire, B.A.
 Instructor, University of Toronto
 School of Continuing Studies

Fees

Access to...	MBCPM™ Licensed*	Standard Fee
Four classes	\$75	\$100
Ten classes	\$160	\$200
Full year (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 schedule at the NeuroNova Centre [Facilitator](#) password protected page
- Each **NeuroNova Connect Weekly Bulletin** will post the weekly theme and schedule of classes for sign up