

# 1-day Mindfulness Core Concepts with Dr. Evan Collins

**February 13, 2018**  
**9:30 AM - 4:30 PM**

**Indigenous Gathering Place**  
**University of the Fraser Valley, Chilliwack BC**

This one-day experiential workshop will introduce participants to the origins, principles, and practices of Mindfulness Based Stress Reduction and other mindfulness-based interventions.

Get your tickets at: [mindfulnessstudies.com/bc](http://mindfulnessstudies.com/bc)  
\$335 Regular Rate    \$125 UFV Faculty, Staff & Students  
Bring a paper bag lunch

---

**This 1-day course is a prerequisite for:**

---

## 6-Day MBSR Intensive Training & Retreat

**June 23 - 29, 2018**

**University of the Fraser Valley, Chilliwack BC**

This training will combine elements of a clinical training workshop and a meditation retreat and is primarily intended for those wishing to teach MBSR.

Get your tickets at: [mindfulnessstudies.com/bc](http://mindfulnessstudies.com/bc)  
Early-Bird \$2,325 (*until March 31, 2018*) Regular Rate \$2,450  
Includes 3 meals a day

