

# MINDFULNESS FOR LIFE

*8-week Online Course*

**starting Sunday  
October 15, 2023**

**15 Oct - 10 Dec 2023**

Sunday evenings

5:00 - 7:30 pm GMT

6:00 - 8:30 pm CET

plus a Silent Day of Practice on 26 Nov

## Course Fee

£ 240 | EUR 280

If cost is preventing you from joining,  
please get in touch to discuss a  
discount

## Contact

To register or request further  
information, please contact

[mindfulness.sstead@gmail.com](mailto:mindfulness.sstead@gmail.com)

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**Learn mindfulness skills in the context  
and comfort of your own home**



**SUSIE STEAD**

Susie is an Oxford-based freelance  
mindfulness teacher, trained and  
accredited by the Oxford Mindfulness  
Foundation to teach MBCT and MBCT-L

[Oxford Mindfulness Foundation](#)

[Homepage](#)



**RIMA SAAD HOCHREITER**

Rima is a Vienna-based certified  
mindfulness teacher, trained by the  
Institute of Mindfulness-based  
Approaches (DE) and the Oxford  
Mindfulness Foundation (UK) to teach  
MBSR and MBCT-L

[Homepage](#)

## About this course

This is a Mindfulness Based Cognitive Therapy Course for Life (MBCT-L), intended to cultivate lasting and sustainable change. It builds on Mindfulness Based Cognitive Therapy (MBCT), a well-researched and evidence-based approach, shown to alleviate: anxiety, stress, depression and chronic pain and to enhance mental & physical well-being, helping people flourish even in difficult times.