



## Mindfulness training

Mindfulness practice is associated with changes of specific brain areas that are essential for attention, learning and regulation of emotion.

An eight-week programme of mindfulness training has been shown to transform and activate areas of the brain linked to happiness and higher executive functioning. The benefits of mindfulness practice include increased calm, decreased stress and increased attention. This course will benefit anyone wanting to cultivate stability, clarity and focus, and reduce the inner-stresses of working life.

16  
HOUR  
WEBINAR

- DATE:** 12 August to 30 September 2020
- TIME:** 18:00 to 20:00 each Wednesday - SAST
- NUMBER OF HOURS:** 16 hours (eight sessions of two hours)
- FEE:** R500 per person. Full payment must be received three days before the webinar.
- PRESENTER:** **Jenny Canau** - Co-founder and Director of Mindfulness Africa
- COURSE FORMAT:** Zoom webinar
- DEADLINE:** Registrations close three days before the course starts

### TO REGISTER OR FOR MORE INFORMATION:

**Contact:** Don Coue on 021 650 3242 | **Email:** [don.coue@uct.ac.za](mailto:don.coue@uct.ac.za)  
 Visit [www.lawatwork.uct.ac.za](http://www.lawatwork.uct.ac.za) to download the registration form

**REGISTRATIONS ARE OPEN!**