HONG KONG 2024 SCHEDULE - HYBRID DELIVERY			
Event	**Format**	**Dates**	**Time (HK)**
Stage 1			
Day 1 MBCT-L Skills Training	In-Person	28/9/2024	09:00 - 17:30
Day 2 MBCT-L Skills Training	In-Person	29/9/2024	09:00 - 17:30
Day 3 MBCT-L Skills Training	In-Person	30/9/2024	09:00 - 17:30
Day 4 MBCT-L Skills Training	In-Person	1/10/2024	09:00 - 17:30
Day 5 MBCT-L Skills Training	In-Person	2/10/2024	09:00 - 17:30
Day 6 MBCT-L Skills Training	In-Person	3/10/2024	09:00 - 17:30
Day 7 MBCT-L Skills Training	In-Person	4/10/2024	09:00 - 17:30
Day 8 MBCT-L Skills Training	In-Person	5/10/2024	09:00 - 17:30
Inquiry Skills Training – Day 1	Online	23/11/2024	14:00 - 22:00
Inquiry Skills Training – Day 2	Online	30/11/2024	14:00 - 22:00
Theoretical Foundations of MBCT	Online	7/12/2024	15:00 - 19:00
Stage 2			
Ethics, Orientation & Assessment	Online	11/1/2025	14:00 - 22:00
Origins of Mindfulness	Online	26/4/2025	14:00 - 22:00
Personal Practice Intensive - Retreat (overnight)	In-Person	1/5/2025	19:00 - 21:00
Personal Practice Intensive - Retreat (overnight)	In-Person	2/5/2025	07:00 - 21:30
Personal Practice Intensive - Retreat (overnight)	In-Person	3/5/2025	07:00 - 21:30
Personal Practice Intensive - Retreat (overnight)	In-Person	4/5/2025	07:00 - 21:30
Personal Practice Intensive - Retreat	In-Person	5/5/2025	07:00 - 12:00
Stage 3			
Train to Introduce Mindfulness	Online	14/6/2025	14:00 - 22:00
MBCT-D Curriculum (part 1)	Online	5/7/2025	14:00 - 20:00
MBCT-D Curriculum (part 2)	Online	12/7/2025	14:00 - 20:00
Finding Peace Curriculum	Online	13/9/2025	14:00 - 22:00
Mental Health Awareness	Online	14/9/2025	14:00 - 18:00
Evidence on Mindfulness-based Intervention	In-person	TBC	TBC (3 hours)
Group Skills	In-person	7/10/2025	09:00 - 17:30
Stage 3: Teaching the MBCT-L course	In-person	8/10/2025	09:00 - 17:30
Stage 3: Teaching the MBCT-L course	In-person	9/10/2025	09:00 - 17:30
Stage 3: Teaching the MBCT-L course	In-person	10/10/2025	09:00 - 17:30
Stage 3: Teaching the MBCT-L course	In-person	11/10/2025	09:00 - 17:30
Stage 3: Teaching the MBCT-L course	In-person	12/10/2025	09:00 - 17:30
Stage 4			
Safeguarding	Self-Guided Learning		
Inclusion and Communications	Self-Guided Learning		
Implementation	Self-Guided Learning		
Research & Evaluation	Online	18/10/2025	14:00 - 22:00
Closing Day	Online	25/10/2025	14:00 - 22:00