

2026 MBSR Course Syllabus

Week 1 – Awareness (Body)	Session 1 – 7/7 1:30–3:30	Session 2 – 7/10 9:50–11:50
	Welcome	Welcome
	Introduction: What Is Mindfulness? Why Is It Helpful?	Introduction: Mindfulness Research I
	Introduction: Sitting Meditation Posture	Practice: Standing Mindful Yoga
	Practice: Body Scan	Practice: Meditation Different Theme Each Session
	Practice: Meditation Different Theme Each Session	Group Activity: Practice Instructions, Discussion, Sharing
	Group Activity: Practice Instructions, Discussion, Sharing	Group Activity: Homework Submission + Loving-Kindness Practice
	Group Activity: Homework Submission + Loving-Kindness Practice	
Week 2 – Awareness (Positive Feelings)	Session 3 – 7/14 1:30–3:30	Session 4 – 7/17 9:50–11:50
	Welcome	Welcome
	Introduction: Mindfulness Research II	Introduction: Emotional Awareness
	Practice: Mindful Stretching	Practice: Mindful Stretching
	Practice: Meditation Different Theme Each Session	Practice: Meditation Different Theme Each Session
	Practice: Mindful Eating	Practice: Walking Meditation
	Group Activity: Practice Instructions, Discussion, Sharing	Group Activity: Practice Instructions, Discussion, Sharing
	Group Activity: Homework Submission + Loving-Kindness Practice	Group Activity: Homework Submission + Loving-Kindness Practice

Week 3 – Awareness (Negative Feelings)	Session 5 – 7/21 1:30–3:30	Session 6 – 7/24 9:50–11:50
	Welcome	Welcome
	Introduction: Survival Modes	Introduction: Emotional Processing
	Practice: Body Scan	Practice: Mindful Stretching
	Practice: Meditation Different Theme Each Session	Practice: Meditation Different Theme Each Session
	Group Activity: Practice Instructions, Discussion, Sharing	Group Activity: Practice Instructions, Discussion, Sharing
	Group Activity: Homework Submission + Loving-Kindness Practice	Group Activity: Homework Submission + Loving-Kindness Practice
Week 4 – Integration	Session 7 – 7/28 1:30–3:30	Session 8 – 7/31 10:30–12:30
	Welcome	Welcome
	Introduction: Mindfulness Research	Introduction: Course Review & Resource Sharing
	Practice: Mindful Stretching	One-on-One Sharing
	Practice: Meditation Different Theme Each Session	Group Circle
	Group Activity: Practice Instructions, Discussion, Sharing	Final Blessing + Remarks by Supervisors + Group Photo + Questionnaire
	Group Activity: Homework Submission + Loving-Kindness Practice	PSS / MAAS