HONG KONG 2026-27 SCHEDULE - HYBRID DELIVERY

Day	Event	Format	Dates	Time (HK Time)
STAGE 1				
	Mentoring Session 1	In-Person	1-2 weeks before the start of the course	TBC
1	Teaching MBCT for Life practices and exercises	In-Person	7/6/2026	Sunday, 09:45 - 18:00
2			13/6/2026	Saturday, 09:45 - 18:00
3			20/6/2026	Saturday, 09:45 - 18:00
4			27/6/2026	Saturday, 09:45 - 18:00
5			4/7/2026	Saturday, 09:45 - 18:00
6			11/7/2026	Saturday, 09:45 - 18:00
7			18/7/2026	Saturday, 09:45 - 18:00
8			26/7/2026	Sunday, 09:45 - 18:00
9	Workshop: Theoretical Foundations of MBCT	In-Person	29/8/2026	Saturday, 09:45 - 13:15
10	Workshop: Inquiry 1	In-Person	5/9/2026	Saturday, 09:45 - 18:00
11	Workshop: Inquiry 2	In-Person	12/9/2026	Saturday, 09:45 - 18:00
12	Workshop: Group Skills	In-Person	19/9/2026	Saturday, 09:45 - 18:00
STAGE 2				
	Mentoring Session 2	In-Person	After the first 8-week block of teaching and before the retreat.	TBC
13	Workshop: Ethics, Orientation and Assessment	Online	31/10/2026	Saturday, 14:00 - 22:00
14	Workshop: Origins of Mindfulness	TBC	29/11/2026	Sunday , 09:00 - 17:00
15	Personal Practice Intensive (Overnight Retreat)	In-Person	10/12/2026	Thursday, 19:00-21:00
16			11/12/2026	Friday, 07:00-21:30
17			12/12/2026	Saturday, 07:00-21:30
18			13/12/2026	Sunday, 07:00-21:30
19			14/12/2026	Monday, 07:00-17:00
STAGE 3				

	Mentoring Session 3	In-Person	After the retreat and before the last main block of teaching	TBC
20	Teaching MBCT-L Session 1 in groups	In-Person	20/2/2027	Saturday, 09:45 - 18:00
21	Teaching MBCT-L Sessions 2 & 3 in groups		27/2/2027	Saturday, 09:45 - 18:00
22	Teaching MBCT-L Sessions 4 & 5 in groups		6/3/2027	Saturday, 09:45 - 18:00
23	Teaching MBCT-L Sessions 6 & 7 in groups		13/3/2027	Saturday, 09:45 - 18:00
24	Teaching MBCT-L Session 8 in groups		20/3/2027	Saturday, 09:45 - 18:00
	Mentoring Session 4	In-Person	After end of Stage 3 and prior to submitting self-reflection	TBC
25	Workshop: Research and Evaluation	Online	3/4/2027	Saturday, 14:00 – 22:00
26	Workshop: Introducing Mindfulness Curriculum	Online	10/4/2027	Saturday, 14:00 – 22:00
27	Workshop: MBCT for Depression Curriculum 1	In Peron	17/4/2027	Saturday, 09:45 - 18:00
28	Workshop: MBCT for Depression Curriculum 2	In Peron	18/4/2027	Sunday, 09:45 – 13:15
29	Workshop: Finding Peace Curriculum	Online	24/4/2027	Saturday, 14:00 – 22:00
30	Workshop: Evidence on Mindfulness-based Intervention	In Person	TBC	TBC (3 hours)
31	Workshop: Mental Health Awareness	Online	1/5/2027	Saturday, 14:30 – 18:00
STAGE 4				
32	Safeguarding	Self-Guided Learning	NA	NA
33	Inclusion and Communications	Self-Guided Learning	NA	NA
34	Implementation	Self-Guided Learning	NA	NA
35	Closing Day: Reflections, discussion, next steps	In Person	15/5/2027	Saturday, 09:45 - 18:00
Trainees submit Personal Reflections Document				
	Mentoring Session 5	In-Person	After trainee has received letter of feedback from trainers	TBC