

# BIPOC MBSR ONLINE 8-WEEK COURSE



Noble Maat

A free course by the BIPOC MMTCP Alumni Sangha. Finally mindfulness for US by US!



Embark on spring  
cleaning from the  
Inside out!

with Alexis Thomason  
Qualified MBSR Teacher &  
Certified Mindfulness Teacher

## ENROLL NOW COURSE STARTS MARCH 5, 2025

What will you get:

- MBSR 8-Week Course Completion Certificate
- Full Day Retreat Included
- 100% Online
- Free Course (Dana-based)

[Register now](#)

[www.noblemaat.com](http://www.noblemaat.com)



# DISCOVER THE POWER OF MINDFULNESS-BASED STRESS REDUCTION



Noble Maat

MBSR is a proven program designed to help you reduce stress, enhance well-being, and develop emotional resilience. By combining mindfulness, meditation, and body awareness, MBSR equips you with essential skills to navigate change and lead effectively—whether in your personal life or within an organization.



## WHY MBSR WORKS

### 1. Significant Stress Reduction

MBSR consistently lowers stress levels, even for those facing chronic pressures. Studies show participants experience a measurable drop in cortisol (the stress hormone), helping you feel calmer and more in control.

### 2. Improved Mental Health

Struggling with anxiety, depression, or emotional overwhelm? MBSR is a powerful tool to foster mindfulness and acceptance, providing the resilience needed to face life's challenges with steadiness and strength.

### 3. Better Emotional Regulation & Quality of Life

Learn to manage difficult emotions and respond thoughtfully instead of reacting impulsively. Participants consistently report greater life satisfaction, improved relationships, and a stronger sense of well-being. The empathy and communication skills cultivated through MBSR can transform how you interact with others, fostering healthier, more connected environments.



Join Us!