

Center for Mindful Body Awareness

Dear Friends and Colleagues ~

There are a number of upcoming spring educational/training events ~ and we are excited about opportunities to introduce interoceptive awareness training at new places on the globe! We'll be offering a weekend Intro course at Kripalu, a yoga and mind/body retreat center in Western Massachusetts in July; and our first training in Europe in October through SeeTrue, a mindfulness training institute in the Netherlands! More details and related links are below.

In the meantime, we are looking forward to returning to the Whidbey Institute in June for a Level 1 MABT course. This course is almost full and we look forward to meeting and training a new group of practitioners ~

The Center is launching a new initiative to build community and provide ongoing practice/peer supervision opportunities among those who have engaged in MABT training (at any level 1-3). We will offer an educational online webinar in June, and a one-day practicum (in person) in July. We will be reaching out to those of you have attended courses in the past, with more information about these events shortly.

Feeling immense gratitude to our new board which has met twice in the past couple months, with lots of ideas and support for expanding the work we do through the Center.

Upcoming Trainings:

Retreat Level 1 Intensive: Monday, June 12th - Saturday, June 17th 2023



☐ **Location:** [Whidbey Institute](#), Whidbey Island, WA

☐ **Cost** = \$2500 all-inclusive price (tuition, meals, double-occupancy room). \$ 150 additional for single room. *Scholarships available.*

☐ See [this link](#) for details and registration

Kripalu Intro Course: July 28 – 30, 2023

Cynthia and Ann Saffi Biasetti will be teaching an introductory weekend workshop at Kripalu (in Western Massachusetts) titled “*Interoceptive: Interpreting Sensations In The Body*” that will combine key components of MABT and Yoga. Find us on the [Kripalu website](#)

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Retreat Level 1 Intensive: Thursday, October 5 - Wednesday, October 11, 2023



- ❖ **Location:** a monastery near Maastricht in the Netherlands
- ❖ **Cost** = \$1950 Euros all-inclusive price (tuition, meals, single-occupancy room).
- ❖ See [this link](#) for details and registration

MABT Level 2: If you've attended a Level 1 course and have yet to engage in Level 2 (a mentoring/practice class offered remotely) and want to do so, please [email](#) to discuss. This is a prerequisite for certification.

MABT Internship/Certification: MABT Certification should be completed within two years of the MABT Level 1 course. Please see [advanced training information](#) for details and expectations. The internship involves delivery of the MABT approach to two clients and weekly online supervision with a Center Instructor. Please [email](#) to finalize arrangements and registration.

MABT-related Events and News:

Two April Webinars:

- Cynthia will be presenting a webinar on MABT from 12-1 Central time on Wednesday April 12th through the [Free Webinars | Bakken Center for Spirituality & Healing \(umn.edu\)](#), sponsored by the University of Minnesota School of Nursing.