

# APPLICATION PROCEDURE

Make sure you fulfill the requirements for attending a MSC Teacher Training

Apply for the Teacher Training at the official website of Centre for Mindful Self-Compassion (Non-refundable application fee: USD\$100)

Check Email from CMSC to continue the application process (Course fee: USD\$ 1,920)

Wait for a confirmation from CMSC before you book your air ticket and accommodation

CMSC will direct you to contact the Centre on Behavioral Health, The University of Hong Kong for booking your accommodation

Proceed and complete your booking of accommodation with Centre on Behavioral Health, HKU (Accommodation fee: USD\$ 900)