

MBSR 8 WEEK COURSE

MINDFULNESS-BASED STRESS REDUCTION



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MINDFULNESS IS...

knowing what you are doing, whilst you are doing it, without judgement.

Timings

We meet online once a week for 8 continuous weeks for 1 hour, 30 minutes each time. We discuss the topic for that week (which you can find written about more extensively in the participants' handbook), and we will do at least 1 guided meditation together.

Apart from week 1, we will also discuss how the week before went in reference to doing the meditation and the mindfulness practices. I use Zoom and it would be best to try and keep to a certain time and day of the week to get the momentum going.

The course is held entirely online and will be one-to-one.

Course breakdown is here:

<http://www.mbsr-mindfulness.com/mbsr-breakdown>

"It is by far the most transformational course I have experienced."



Commitment

There is a commitment from you to meditate 20 minutes, ideally 6 out of 7 days a week, plus read the handbook (10 mins during the week) as well as incorporate mindfulness practices such as mindful eating or walking into your daily routine.

This course is not therapy, but it is therapeutic and hopefully will inspire you to make a positive change in your life. You get out what you put in so practice is key.

The sessions are entirely confidential and it's completely up to you what you share. However feedback is important so please be willing to share how the week went in reference to how you got on.

Cost of the course

Cost: 400€ This includes

- 8 x 1.5 hour sessions
- the participants' hand book which I will send as a PDF
- the meditations to download or to stream from my Youtube channel. They are recorded with my voice.

To make the payment, I will send you my Paypal details or you can make a bank transfer if you prefer.

If you'd like to have a half hour chat on Zoom to discuss this course further I'd be happy to find a time- this is free of course!

"There are no words to describe how important this work is. You just have to do it and find out for yourself."

"I feel more serene and empowered, more able to deal with day-to-day stress and anxiety"