

BodyMindfulness

30 years of experience in mindfulness and bodymind psychotherapy and bodywork
www.bodymindfulness.com

Mindful Life

Eight-Week Course Mindfulness Based Stress Reduction

Mindfulness-Based Stress Reduction, or MBSR, is a well-described group-based mind-body intervention programme that has received considerable research attention (Kabat-Zinn 1990). 'Mindfulness' may be defined as the ability to non-judgementally observe sensations, thoughts, emotions, and the environment while, at the same time, encouraging openness, curiosity and acceptance.

Weekly exercises focussing our attention on breathing; physical exercises focussing on an awareness of bodily sensations; and practising being fully aware during everyday activities by using breathing as an anchor for attention. Essential to all parts of the programme is the development of an accepting and non-reactive attitude to what one experiences. Participants will commit to an 8-week group that involves learning about and practicing meditation. This experience will provide a foundation of research-based practices for holding experience in

awareness and responding skillfully now rather than waiting for a future that has yet to happen. The purpose of these practices is not to learn to relax (although they are sometimes relaxing) but to relate mindfully to whatever you experience, however joyful or painful.

What to expect

The program consists of 8 weeks of direct instruction. Highly participatory, supportive, and structured, this program will provide you with:

- Guided instruction in mindfulness meditation practices;
- Gentle stretching and mindful yoga;
- Group dialogue and mindful communication exercises to enhance awareness in everyday life
- Individually tailored instruction.

The program is challenging and life-affirming.

The instructor is accomplished and skilled in creating a safe, supportive, and deeply engaging experiential learning environment. He will assist you in learning these methods, providing both group and individualized instructions and directions for how to learn, practice, and integrate mindfulness into your everyday life.

Participating in the Mindfulness Training requires

an ongoing commitment to yourself. You will be asked to commit to attend all 8 weekly evening, one full day between week 7&8 and daily 40 minutes of homework.



Who will benefit

The Mindfulness training has benefited people reporting a variety of conditions and concerns:

Stress

—including work, school, family, financial, illness, aging, grief, uncertainty about the future, and feeling “out of control.”

Medical conditions

—including chronic illness or pain, high blood pressure, fibromyalgia, cancer, heart disease, asthma, GI distress, skin disorders, and many other conditions.

Psychological distress

—including anxiety, panic, depression, fatigue, and sleep disturbances.

Prevention and Wellness

—including health enhancement and wellness focused on prevention and learning the “how” of taking good care of yourself and feeling a greater sense of balance.

Mindfulness-Based Stress Reduction is highly respected within the medical community. It is not offered as an alternative to traditional medical and psychological treatments but as a complement to these approaches.

Practical

The course consist of

- 8 weekly meetings of 2 1/2 hour, and
- one full day towards the end of the course.
- If you decide that you would like to participate, I will invite you for an interview after which you will be enrolled in the course. call.3288583257
- Course fee is 395 € including four CD's and handouts,

Next course starts

February 9 - March 30

2015 Full Day March 28

Instructor

Bert Schmitz, clinical psychologist and registered psychotherapist, a rolfar and MBSR/MBCT instructor.

For over thirty years, he has been practicing meditation and integrating mindfulness in his methods. He teaches meditation and energy awareness practices.

His psychological approach is subtle and relates to the understanding of the finer networks of body and mind, which offers the means for finding the code for psychological transformation. In groups his strength is in creating a foundation and atmosphere for intuitive study, through concept, presentations, intuitive choices, conversations in silence.

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Bodymindfulness:
Via di Spedaletto 24
50012 Grassina - Firenze Sud
055644239
3288583257

windhorse00@gmail.com

