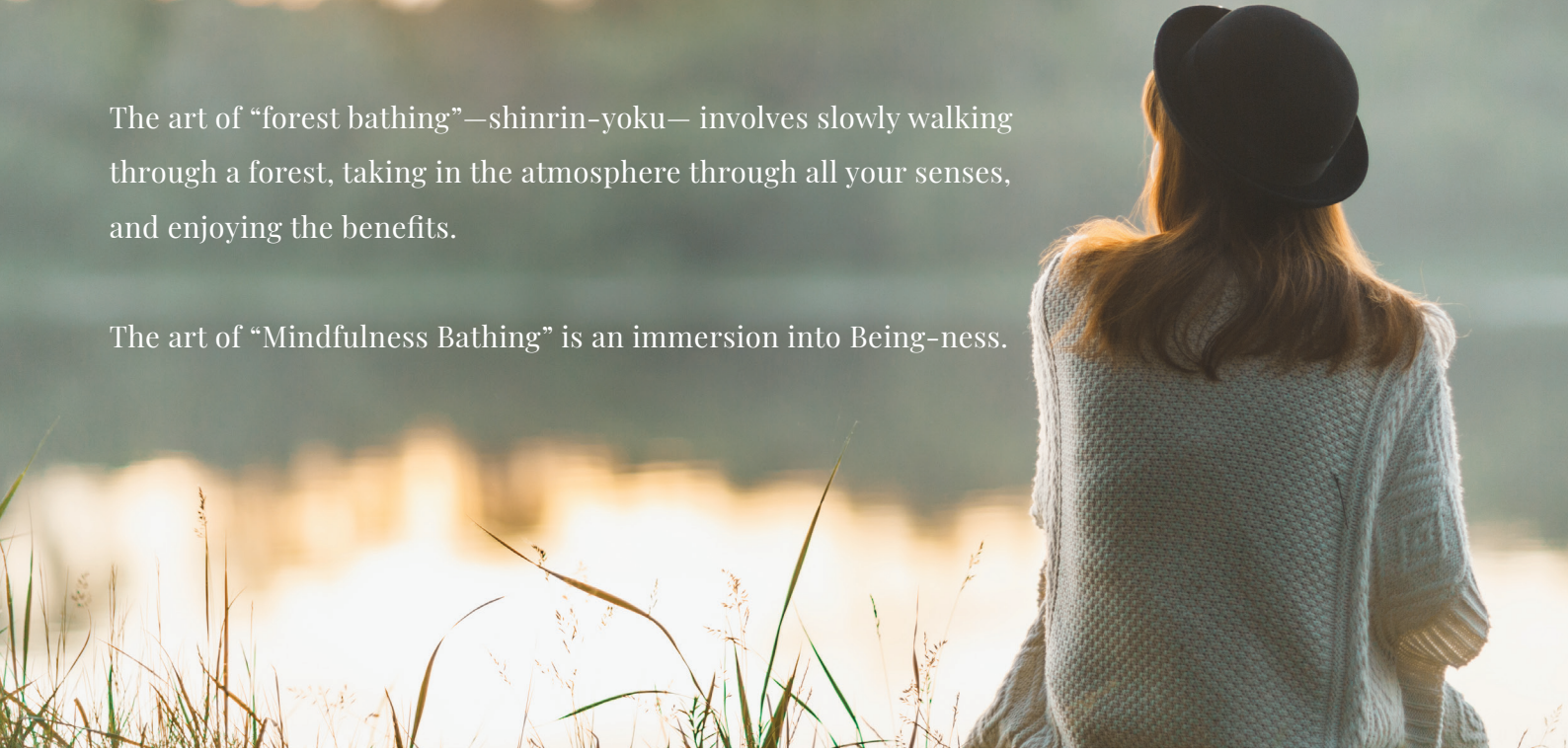
Be Mindful Be Still Be

The art and science of

Mindfulness Bathing

Dates: Friday March 5th 19:00- 21:00
Saturday March 6th , Sunday March 7th 9:00- 16:00

Cost: 150 GBP / R2,800 (South Africans)



Course Outline

In this online course, we will draw on and use the scientifically tested and well-established Mindfulness Based Stress Release (MBSR) curriculum created by Jon Kabat-Zinn, PhD at the UMASS Medical Center , U.S.A. The facilitators Merle Levin and Tracy Prowse are both trained MBSR practitioners.
They invite you to invest in a precious weekend to meet yourself in a new and powerful way.

Drawing on the latest Neuro-Science research, we’ll explore:

- Guided meditation practises
- The body/mind/spirit connection
- How to deal with stress
- Simple techniques to bring a sense of wellbeing.
- Coping skills.
- Listening skills
- Self compassion skills
- Essential attitudes

Some of the Meditation Practices we’ll bathe in:

- The Body Scan
- Sitting Meditation with Awareness of Breath
- Yoga movement Meditation
- Walking Meditation
- Loving-kindness Meditation
- Different lengths of guided meditation practise.
- Each meditation will be recorded and given to you for ongoing support in your practise at home.
- Yoga recordings will be given to you for ongoing support in your practise at home.

We’ll use self -enquiry exercises exploring:

- The Process of Inquiry
- Listening practise
- Working with Feelings
- Working with Pain and Stress
- Working with Anxiety and Panic

Testimonials

For me it has been good to have a daily routine with body-scan and yoga, and the weekly meeting with all the other participants. 2 1/2 hours was a perfect timeframe to dive into the common room - to feel connected to the group dynamics. It was a very good group for me - showing that people are very different, and that we all can learn from each other.

Nina B Norway

I loved the sense of safe space and non-judgment you created. The variety within the session and the feeling of going deeper as each week went by. I loved the support of the WhatsApp poems and guided meditations

Cherry London UK

The course as a whole was just what I needed to refresh and inspire my mindfulness and yoga practice. It was a valuable and important learning experience for me on many levels, both during the 8 weeks and after. The recorded meditations, the poetry readings, and the yoga instructions all worked well for me. I still use some of them daily—for nurture, support, inspiration, grounding, and instruction.

Greta S Norway

To meet the “toomuchery” of life with new perspective.

To bathe in the joy of breathing Mindfully, moving Mindfully, speaking and eating Mindfully.

And most importantly, to explore Meditating Mindfully – no experience necessary.

To register Contact

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