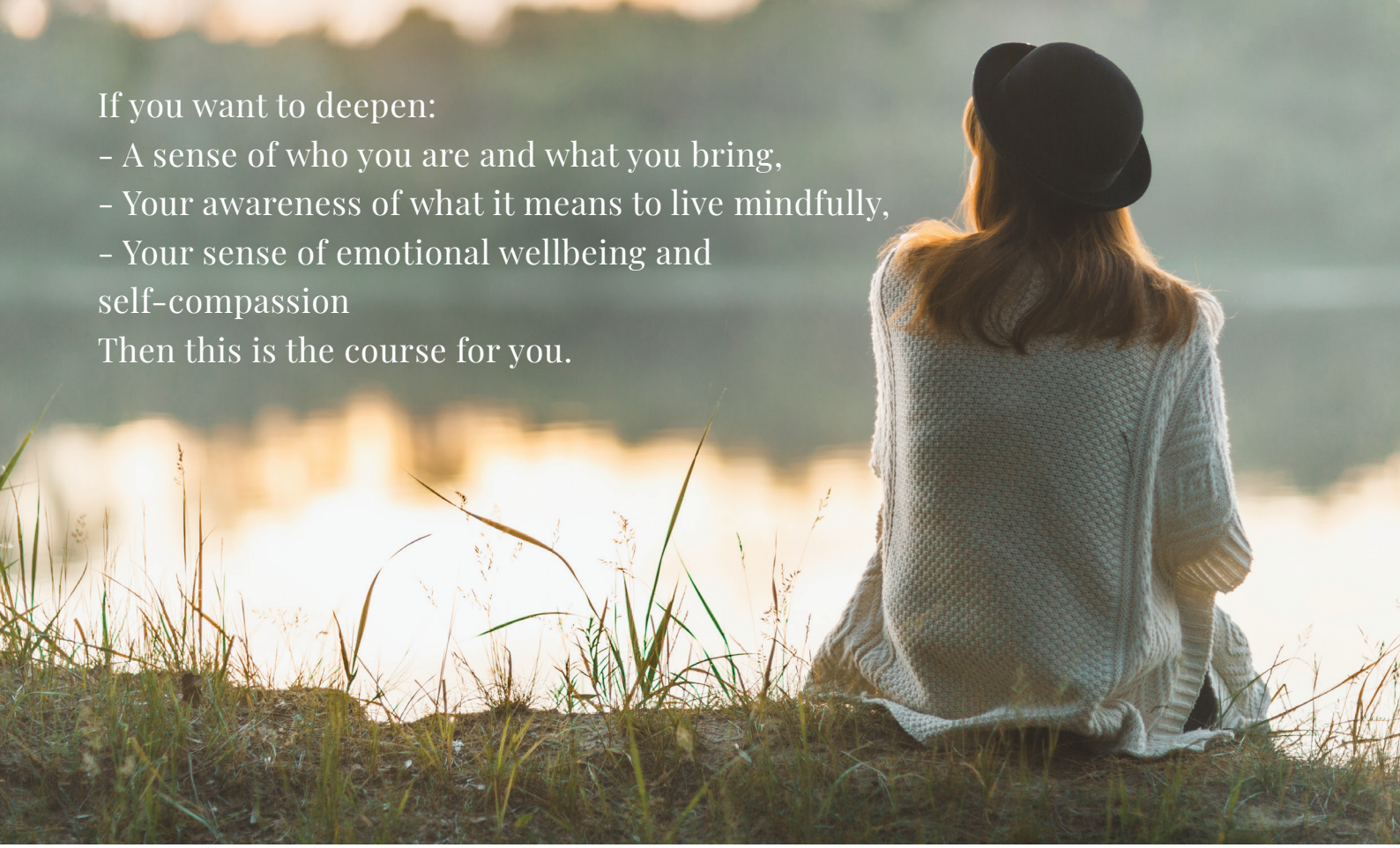
Mindfulness Based Stress Release
8 Week Online Course

Wednesdays 19:00 – 21: 30
January 27 to March 17, 2021
Cost: R4500 (South African Residents)
or 225 GBP (Payable via Paypal)



If you want to deepen:
- A sense of who you are and what you bring,
- Your awareness of what it means to live mindfully,
- Your sense of emotional wellbeing and self-compassion

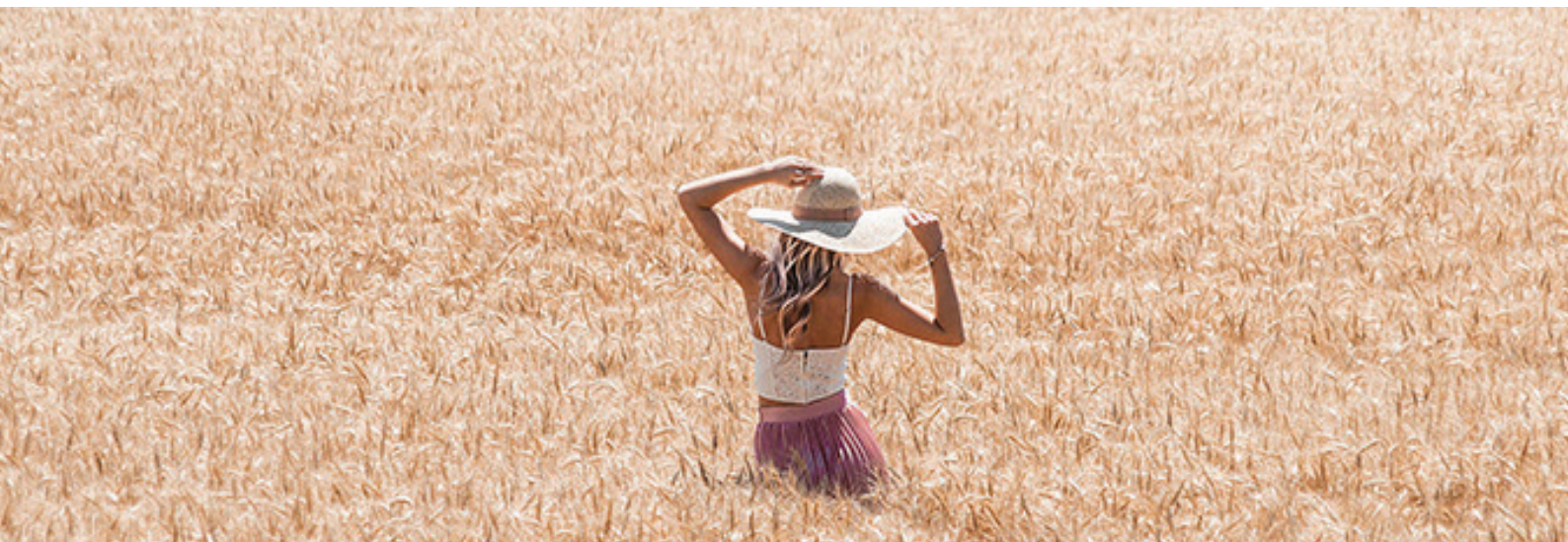
Then this is the course for you.

Mindfulness Based Stress Reduction

An Intensive Online Course

MBSR, the most scientifically tested and well-established mindfulness training program. Created by Jon Kabat-Zinn, PhD at the UMASS Medical Center. Taught live & online by certified MBSR instructors Merle Levin and Tracy Prowse

Experience Mindfulness on a deeper level with Merle and Tracy. Through 12+ hours of zoom sessions in a small group of 12, you will learn how to live in the present and put stress and pain behind you through the proven steps and techniques of Mindfulness Based Stress Reduction, one of the most recognized forms of Mindfulness practice.



Course Outline

The Curriculum - Themes

Class 1-3 Grounding Mindfulness
in the Body
Class 4-5 Stress Reaction versus Response
Class 6-7 Communication and
Interpersonal Mindfulness
Class 8 Summation and Bringing Mindfulness Home
All Day Session

Establishing Mindfulness Practices

Defining Mindfulness
Introducing Mindfulness Experientially and Verbally
7 Essential Attitudes in Establishing Mindfulness

Establishing Intention and Commitment to Practice

Through experiential excercises to be practised in the group session and at home.
Skills you will learn for life

Guidance in Formal Mindfulness Practices

The Body Scan
The Sitting Meditation with
Awareness of Breath
Yoga
Walking Meditation
Loving-Kindness Meditation
Practice in Mindfulness
Meditation

Applying Mindfulness to Daily Life Creating Home Practices

Use of Homework
Guided recorded meditation sessions updated weekly
The S.T.O.P. Method
The Three Minute Breathing Space
Awareness Exercises
Self-compassion practice

Clinical Issues: Working with Difficulties

The Process of Inquiry
Listening practise
Working with Feeling
Working with Pain and Stress
Working with Anxiety and Panic
Application of Neuro-Science Research

Adaptations of MBSR for:

Everyday life challenges
Depression
Addictions
Trauma
Children and Adolescents
No previous experience of meditation necessary
Inter-personal Mindfulness and

About the Trainers

Merle Levin

lives between South Africa, the United Kingdom and Canada. For the past 18 years she has taught creative writing workshops and facilitated silent retreats in Europe, Scandinavia, South Africa and Canada. She has studied and practiced meditation for over fifty years. She has written three children's books. "Listenbear" was published by Save the Children and World Vision International, and was used by refugees in their Syria children's project. She published non-fiction "Spurensiche" 2001 by eFeF Verlag, Switzerland. She is a member of The Society of Authors UK and is a Canada Council for the Arts recipient (2012). She has published and read her work on CBC radio and performed and co-produced three CDs of children's stories. She is currently completing her post graduate certification in Mindfulness Interventions through Stellenbosch University Medical Science Faculty.

www.merlelevin.com | merle@merlelevin.com

Tracy Prowse

is a registered, practising physiotherapist and a mindfulness teacher, with a masters degree in Sports Physiotherapy and a post graduate certification in pain treatment. Tracy is passionate about wellness and wellbeing. Her work and life inspiration lies in her connection to nature and her quest to understand the mind-body-spirit connection. She is currently completing her post graduate certification in Mindfulness Interventions through Stellenbosch University, Medical Science Faculty.

www.tracyprowsephysio.co.za | tracy@prowse.org.

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

Contact Details

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