

## 8 Week MBSR Course – Mindfulness Based Stress Reduction

**MBSR** is an 8-week intensive training in mindfulness meditation, based on ancient healing practices, which meets on a weekly basis. Mindfulness practice is ideal for cultivating greater awareness of the unity of mind and body, as well as of the ways the unconscious thoughts, feelings, and behaviours can undermine emotional, physical, and spiritual health. The mind is known to be a factor in stress and stress-related disorders, and meditation has been shown to positively affect a range of autonomic physiological processes, such as lowering blood pressure and reducing overall arousal and emotional reactivity.

In addition to mindfulness practices, MBSR uses yoga to help reverse the prevalence of disuse atrophy from our culture's largely sedentary lifestyle, especially for those with pain and chronic illnesses. The program brings meditation and yoga together so that the virtues of both can be experienced simultaneously.

This course allows people to mobilize their own inner resources of mind and body to become more responsible for their personal health and healing. This course requires commitment and consists of 40min daily home practice.

### History

The **MBSR** course was pioneered and developed by Jon Kabat-Zinn, Ph.D., at the University of Massachusetts Medical Centre. This intensive program was originally used to complement the conventional medical management of a wide variety of types of stress related illness, chronic pain, and depression. It proved to be a huge success and is now the most widely researched and documented Mindfulness Program so far with very compelling and astounding results.

- low energy
- a desire to live a more joyful life
- low self esteem
- high blood pressure
- chronic pain or illness
- headaches

### Recorded Benefits

- stress
- anxiety
- low mood
- GI disturbances
- difficulty sleeping

#### The course includes:

- guidance on mindfulness meditation practices such as body scanning and sitting meditation
- gentle stretching and mindful movement
- group discussions around experience of the different mindfulness tools
- detailed instructions aimed at assisting participants integrate mindfulness into everyday life
- home practice assignments- CD's + Workbook provided

The course is intensive, life affirming and requires a degree of commitment to oneself to participate fully in all aspects over the 8 weeks through approximately 1hour daily practice that includes 40min formal practice and 15min informal practice. This course also includes 1 Day of Mindfulness.

**Next Course: Monday 7<sup>th</sup> October – Monday 25<sup>th</sup> November (+Sunday 10<sup>th</sup> November) 2019**

**The Space - Newtownmountkennedy: 7.15pm - 9.45pm Cost: €295 all inclusive**

**Contact: Angelika on 087 2176068 or [www.mindfulnesswithangelika.com](http://www.mindfulnesswithangelika.com)**

