



MINDFULNESS-BASED STRESS REDUCTION (MBSR)

Course Instructor: Rima Saad Hochreiter

focus - clarity - resilience

COURSE DETAILS

Tuesday evening MBSR | Live in Vienna

- October 25 - Dec 13, 2022
- 8 x evening sessions, from 6:00 pm to 8:30 pm, on Oct 25, Nov 01, Nov 08, Nov 15, Nov 22, Nov 29, Dec 06, Dec 13
- 1 x Silent Day on Sunday, Nov 27 (11 am to 5 pm)
- Group size: 4 to 8 persons
- Teaching language: English (German spoken too)
- Cooperation partner: Re:Treat Yoga & Meditation
- Venue: Nelkengasse 6/14, 1060 Vienna
- Course Fee: EUR 410 *
- Registration under www.mindfullifeskills.com

*includes complimentary individual pre-course session, 26 hours of contact teaching & practice, home-practice audio guides, weekly handouts

ABOUT MBSR

Mindfulness-based Stress Reduction (MBSR) is an experiential 8-week programme that accompanies you on a discovery journey into your own mental habits and patterns of behaviour. Through structured mind-training practices, you become more aware of automatic and reactive patterns, and learn to take an active role in improving your own well-being and reshaping your life for the better.

A scientifically researched programme, with proven impact over the last 30+ years. It follows an evidence-based curriculum - as developed by Jon Kabat-Zinn, Center for Mindfulness / University of Massachusetts Medical Center.

The MBSR programme is currently being offered in many countries around the world, in the fields of healthcare, education, business, public service and other.

BENEFITS

While the impact of the programme differs from person to person, participants have reported changes in the following areas, amongst others:

- Ability to respond to stress and other challenges with grace and composure
- Improved concentration and clarity
- Relief in dealing with difficult emotions (anxiety, irritability, mood swings ..)
- Improved skill in dealing with worrying thoughts and self-limiting beliefs
- Strengthened inner resources (attention regulation, resilience, compassion ..)
- Ability to regulate one's own physiological state through relaxation
- Changed attitude in dealing with chronic pain
- Improved sleep
- More fulfilled relationships
- Greater contentment and joy for life
- Transforming towards living with more authenticity and self-confidence to realise own potential

'Mindfulness is the awareness that arises from paying attention, on purpose, in the present moment, non-judgementally'

- Jon Kabat Zinn



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WHAT TO EXPECT

Over the course of the 2-month period, we will explore and engage in the following key elements of the programme:

- Body Scan (body awareness practice; lying-down position without movement)
- Mindful Movement (body awareness practice; based on gentle yoga)
- Sitting meditation (breath, body sensations, sounds, thoughts & emotions)
- Walking meditation
- Experience sharing & group reflections
- Exercises in pairs
- Short talks on topics related to mindfulness (& neuroscience), stressors and stress reactions ..
- Practices to help when feeling overwhelmed, in your communication activities, in your relationships ..
- Regular home-practice (45 min | 6/7 days p.w.)

WHAT TO BRING ALONG

The studio is fully equipped with chairs, mats, meditation cushions etc. For safety reasons, we encourage you to bring your own equipment.

For maximum benefit & comfort, please bring the following with you to each session:

- Loose comfortable clothing
- A blanket
- Bottle of water
- Notebook & pen

** Herbal tea is available at all sessions **

ABOUT THE TRAINER

Rima is a certified mindfulness trainer, focused on helping people take control of their own well-being. She is an accredited teacher of the widely researched Mindfulness-Based Stress Reduction (MBSR) curriculum.

She has obtained her MBSR teacher certification from the *Institute of Mindfulness-Based Approaches* (Germany), and teaches groups and coaches individuals in mindfulness and resilience-based practices. She also teaches weekly meditation classes at *ReTreat Yoga & Meditation* in Vienna.

After completing her university degrees in Economics & Business, Rima worked in the corporate and development sectors in different parts of the world. She is linking both worlds by also offering certified mindfulness courses in workplace settings.

Being well-acquainted with how stressful today's jobs and fast-paced life-styles have become, she is a firm believer that mindfulness practice can equip anyone with a tool-kit for a calmer, balanced and more meaningful way of living and working.

