



MINDFULNESS for Life (MBCT-L)

Course Instructor: Rima Saad Hochreiter



focus - resilience - flourishing

COURSE DETAILS

Mindfulness for Life | Vienna

- May 09 - June 27, 2023
- 8 x evening sessions, from 6:00 pm to 8:30 pm, on May 09, May 16, May 23, May 30, June 06, June 13, June 20, June 27
- 1 x Silent Day on Sunday, June 18 (11 am to 4 pm)
- Group size: up to 8 persons
- Teaching language: English (German spoken too)
- Cooperation partner: Re:Treat Yoga & Meditation
- Venue: Nelkengasse 6/14, 1060 Vienna
- Course Fee: EUR 340 *launch special* (regular fee: EUR 410)
- Registration under www.mindfullifeskills.com

*includes complimentary pre-course session, 25 hours of teaching & practice, audio guides, *Oxford Mindfulness* course handbook

ABOUT 'MINDFULNESS FOR LIFE'

Through meditation practices and cognitive behavioural techniques, this 8-week experiential programme helps reduce suffering, build resilience and promote flourishing.

The course develops skills to strengthen awareness of the present moment. You learn to regulate your attention to be more present in your life, and not be caught up in unhelpful patterns of thinking, feeling and behaving, that may leave you feeling trapped. You learn to skilfully respond to difficulty when it arises, as well as savour positive experiences in everyday life, by intentionally opening up to moments of joy, contentment and gratitude.

Mindfulness For Life (MBCT-L) is an evidence-based curriculum of the *Oxford Mindfulness Centre, University of Oxford* - scientifically developed to reduce distress, as well as promote flourishing. It is designed to be accessible to everyone!

BENEFITS

While the impact of this course and other similar programmes differs from person to person, participants generally report changes in the following areas:

- Reduced feelings of stress, anxiety, and depressed mood
- Less worrying and obsessing over things
- Improved ability to cope with pain and illness
- Greater appreciation of what is pleasant and enjoyable in life
- Feeling clearer about what is truly meaningful
- Living life with a stronger sense of purpose
- Improved overall wellbeing, even in difficult times

'Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom '

- Viktor Frankl



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WHAT TO EXPECT

Over the course of the 8-week period, we will explore and engage in the following key elements of the programme:

- Formal Practice: Body Scan, Mindful Movement, Sitting Meditation
- Specialised Practices to strengthen self-compassion and resilience: Befriending (loving-kindness), Working with Difficulty
- Cognitive exercises to recognise the relationship between thoughts, mood and behaviour
- Practices to incline the mind towards the pleasant in life
- New habits and micro-practices for everyday life
- Facilitated inquiry to deepen experience
- Group sharing & reflections
- A 'Silent Day' to deepen the practice and get acquainted with walking meditation
- Regular home-practice (ca. 45 min per day)

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 has completed her training with the *Institute of Mindfulness-based Approaches* (Germany) and the *Oxford Mindfulness Foundation* (UK) and is trained to teach the MBSR and MBCT-L curricula.

She 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 lifestyles 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.

