

MBSR Mindfulness course

IMTA accredited (www.imta.org)

In **ENGLISH** on **TUESDAY** evenings

8 weeks of MBSR attentional training (Mindfulness Based Stress Reduction) designed to reduce stress, release tension, increase awareness and to be better able to cope with difficulties by increasing emotional regulation and intelligence.

MBSR, a course created by Dr. Jon Kabat-Zinn at the University of Massachusetts in 1979, and is one of the world's most recognized mindfulness trainings. It's efficacy has been proven in numerous scientific studies. Evidence shows its efficacy in generation of resilience, stress reduction, in increasing health, attentional capacity and facilitating better interpersonal relationships.

Our course is experiential and interactive including practical exercises of attention, relaxation, meditation and mindful movement (derived from hatha yoga / gentle stretching). It also includes explanations about mental processes, the body and the relationship between stress and health.

The sessions are undertaken as a group and alternate between moments of silence and collective exploration of strategies about how to deal with complex and difficult situations, signposting practical applications in personal and professional life.

The sessions cover the following topics:

- 1- What is Mindfulness.
- 2- Perception of reality.
- 3- The power of emotions
- 4- Stress reaction and emotional tension
- 5- Resilience, responding to stress.
- 6- Communicating with Mindfulness.
- 7- Mindfulness as self care.
- 8- Mindfulness in daily life.

Facilitated by: Amy Holden. B.Sc with honours Psych, Perinatal Psychologist and certified Mindfulness instructor, Master in third wave psychotherapy. Amy came to Mindfulness looking for solutions for stress, as an entrepreneur of an internationally renowned toy brand. After experimenting the positive effects in her own self she continued her psychological studies specializing in this area, investigating the benefits of mindfulness in long term health and developing interventions for perinatal mental health. Since 2016, she imparts Mindfulness courses and collaborates with Institute esMindfulness in MBSR classes and in the Mindful Pregnancy program.

Course Imparted at the Institute esMindfulness, facilitator of Mindfulness and MBSR (Mindfulness-based stress reduction) courses since 2004, with more than 3.000 participants per year. MBSR training accredited by IMTA (www.imta.org)

DATES AND TIMES

EVENINGS 18:30h a 21:00h

Tuesdays:

30th April

7, 14, 21 & 28 of May

4, 11 & 18 of June

Intensive practice day retreat

Sat 8 June 10-18h

INFORMATION SESSION OPEN AND FREE OF CHARGE

9 of April from 19h to 20:30h

This session is obligatory for participants of the course.

WHERE

Instituto esMindfulness
c/ Comte Borrell, 62, 3^o 2^a
Barcelona 08015
Metro Sant Antoni

PRICE

The cost of the 30 hour course
is 400 €

INSCRIPTION

elisenda@esmindfulness.com

For direct contact with Amy
amy@world-alive.net

Spots are limited. To reserve yours, fill in the inscription form and pay a 100€ deposit

**Inscription deadline
12/04/2019**