

MBSR

Mindfulness Based Stress Reduction Course NOW ALSO available IN ENGLISH



Starting January 2018 at citySTILLE – Mindfulness Center Vienna
FREE Orientation Session: 18.12.2017 & 15.01.2018 / 10:00 am

**FEELING STRESSED? OVERWHELMED? IN PAIN? JUST NOT QUITE RIGHT?
INTERESTED IN BECOMING AN ACTIVE PARTICIPANT IN YOUR OWN HEALTH
AND WELL-BEING? WANTING TO CULTIVATE TOOLS THAT WILL ALLOW YOU
TO LIVE WITH GREATER EASE, BALANCE, DEPTH AND RESILIENCE?**

Consider giving yourself the Gift of Mindfulness

The MBSR course is modelled after the renowned and evidence-based Stress Reduction Programme founded by Dr. Jon Kabat-Zinn in 1979 at the University of Massachusetts Medical School, consisting of **8 weekly 2 ½ hrs sessions** and a half-day retreat.

What does the Course offer?

- ❖ Guided mindfulness meditation practices
- ❖ Gentle stretching and mindful movement
- ❖ Self-inquiry techniques
- ❖ Mindful listening and communication skills
- ❖ Group dialogue and discussion aimed at enhancing awareness in everyday life
- ❖ Home practice CDs and hand-outs
- ❖ Daily home assignments and practice required

What do Participants who commit to MBSR learn?

- ❖ Practical coping skills to improve the ability to handle stressful situations
- ❖ To face change and difficulties with greater flexibility and ease
- ❖ To discover and develop internal resources towards greater balance and peace of mind
- ❖ To become increasingly aware of the interplay of mind and body in health and illness

People participate for diverse reasons such as stress (job, family, relationship, financial), critical life changes, anxiety, grief and bereavement, depression, fatigue, sleep disturbances, chronic pain and illness, just not feeling quite right, needing a framework/structure to come to a regular meditation practice and be present for life, or just out of plain curiosity.

Next 8-WEEK SERIES from 22 Jan to 19 March (skipping 5 Feb), *Monday mornings, from 9.30-noon* at citySTILLE, Hollandstrasse 18, 1020 Vienna.

Cost: EUR 350 (incl. materials) for total of 25 hrs of training. Discounts upon request!
**For details and registration please contact certified MBSR Teacher Elisabeth Janz Mayer-Rieckh, DSA, MA www.mbsr-mbct.at ; for info in English www.mindfulnessmeditationnyc.com
Register at ejanzmr@gmail.com /06645937286 or www.citystille.com/contact**