

MBSR

citySTILLE
Mindfulness and Meditation Center
AOB

Mindfulness Based Stress Reduction (EN)

MBSR- Mindfulness Based Stress Reduction Course

(English) is an eight-week, group-based introduction to secular mindfulness practices. Designed by Jon Kabat-Zinn, the course is intended to help participants develop a personal mindfulness practice as a means of cultivating greater self-compassion and capacity for working with the stressful situations and difficult emotions we encounter living in our modern world.

COURSE DATES – SUNDAY EVENING COURSE, 17:00-19:30H. The MBSR course consists of eight comprehensive modules and one retreat day.

FREE INFO SESSION: January 20, 17:00-18:30H (If for some reason you cannot participate at the info session, you still can participate in the course. Get in touch and we'll find a way to inform each other).

SESSION 1: **Feb 3** 17:00-19:30

SESSION 2: **Feb 10** 17:00-19:00

SESSION 3: **Feb 17** 17:00-19:30

SESSION 4: **Feb 24** 17:30-20:00

SESSION 5: **Mar 3** 17:00-19:30

SESSION 6: **Mar 10** 17:00-19:30

SESSION 7: **Mar 24** 17:00-19:30

SESSION 8: **Mar 31** 17:00-19:30

RETREAT DAY: Mar 17 10:00-16:00h

FACILITATOR: Michael Anderson, MA, BA - Certified MBSR Facilitator

YOUR INVESTMENT: 450 Euro, incl. MwSt. includes:

- Course Instruction 8x2,5 Hours
- Course Handout
- Audio and Relevant Materials
- Retreat/Practice Day, inclusive light lunch refreshments

We enjoy having time and space with you so this course welcomes **minimum 5 and maximum 8 participants**. *You are very welcome!*

For further questions, reservations or bookings, visit www.citystille.com/courses, call +43 0 664 766 7070 or email us at info@citystille.com