



MMIntro
MINDFULNESS AND MEDITATION
INTRODUCTORY COURSE

a signature course by
citySTILLE
Mindfulness and Meditation Center VIENNA

MMIntro – Mindfulness and Meditation

Introductory Course is specially and heartfully designed for those who are new or already have some mindfulness and meditation experience. Its step-by-step structure creates the opportunity and motivation to start your own meditation and mindfulness practice on solid basis of brain science, accompanied by all necessary beginner and intermediate tools to cultivate presence, deal with overwhelming thoughts and learn and cultivate focus and clarity out of everyday hustle and bustle. A signature course by citySTILLE for a deep and sustainable sense of well-being in complex times.

COURSE DATES – MORNING COURSE, 09:30-12:00H. The MMIntro course consists of eight comprehensive modules and one retreat day.

FREE INFO SESSION: January 31 / 10:00-11:30H (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 14 09:30-12:00 – Introduction to Mindfulness. Attention in the Present Moment

SESSION 2: Feb 21 09:30-12:00 – Automaticity. Learning to respond rather than react

SESSION 3: Feb 28 09:30-12:00 – Judgments and our perception. Expanding vs. limiting reality

SESSION 4: Mar 07 09:30-12:00 – Acceptance. „You cannot change the ways but you can learn to surf“

SESSION 5: Mar 14 09:30-12:00 – Focusing the mind into Presence. Goals

SESSION 6: Mar 21 09:30-12:00 – Compassion. Re-wiring for self-care and self-love vs. self-criticism

SESSION 7: Mar 28 09:30-12:00 – Who meditates? A mindful, non-dual approach

SESSION 8: Apr 04 09:30-12:00 – Letting go. A transformative integration of your mindfulness practice

RETREAT DAY: Sunday March 31 / 10:00-16:00 – Practical & Transformative Integration Day – *Everyone loves the retreat day!*

FACILITATOR: Nicoleta Pfeffer-Barbela, MSc - Certified Meditation Trainer | Mindfulness Speaker & citySTILLE Founder

YOUR INVESTMENT: 420 Euro, incl. MwSt. (instead of ,€450) 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**. A signature course by citySTILLE for your well-being. *You are very welcome!*

For further questions, visit www.citystille.com/courses, call [+43 0 664 766 7070](tel:+4306647667070) or email us at info@citystille.com