

MBSR (Mindfulness Based Stress Reduction) Programme

With constant bombardment from stimuli the greatest skills we can nurture are those that achieve mind space. Promoting and encouraging ourselves to take time out even for five minutes at the beginning and end of each day to allow for mind space is an invaluable life skill. *This is what this course is about... taking time out to do nothing...to create mind space.*

Objective

The objective is to teach participants to be more self aware, expose participants to a range of meditation tools and create awareness about mindfulness

Being mindful, you don't get caught up in thoughts and emotions.

How?

The course is designed based on the MBSR (Mindfulness Based Stress Reduction principles) so to enable participants to explore what mindfulness is, learn the framework around incorporating mindfulness into their daily lives and practicing a range of meditation techniques. The course is structured over 2 hours over 10 weeks. The programme is instructor led, with a strong emphasis on participant participation through appreciative enquiry, group exercises and guided mindfulness sessions

What to wear ?

Wear loose comfortable clothing, and bring a blanket.

The Instructor

Susan Keane is practicing yoga and mindfulness over 20 years. After completing a two year Yoga Teacher Training and Stress Management diploma with Yoga Fellowship of Northern Ireland, she traveled to India to further develop her studies in mindfulness and yoga. Susan continues to deepen her understanding of wellness and has recently completed 100 hours Mindfulness Based Stress Reduction (MBSR) teacher training programme. She is passionate about promoting mindfulness and works with a range of organisations promoting wellness through mindfulness,

Weekly Session Themes

1. What is Mindfulness? Waking up from Automatic Pilot
2. Waking up from Automatic Pilot
3. Gathering the scattered mind - Coming to our senses
4. What is Stress? Bringing awareness to our patterns of reactivity to Stress
5. Coping with Stress Practicing Mindfulness to Respond instead of React
6. Mindfulness of Thoughts - Wherever they go there you are! Thoughts are not facts
7. Mindfulness of Emotions
8. Mindfulness and Emotional Intelligence
9. Cultivating self compassion and Kindness
10. A Mindful Life

