

Mindfulness – 8 weeks Online Course

Moving Heart

INFORMATION

Come home to yourself and explore an approach to life based on presence and compassion. Find resilience under stress and resources for recovery and balance. When we practice mindfulness, we cultivate an ability to be with what is and step out of our automatic reactions and instead respond more compassionately. Course is held by ElinMaria Sydänvirta.

WHAT YOU LEARN

You learn the basics of mindfulness. The course is experience-based and you will integrate practical tools into everyday life for:

- Stress reduction and recovery.
- Step out of your autopilot and increase our ability to consciously act instead of reacting.
- Understanding of your behaviors and their connection to thought, feeling, body and action.
- To face life and be with yourself from a conscious, compassionate and embodied approach.
- Breathing and body awareness.
- Mindfulness in everyday tasks.

CONTENT

The course is based on Mindfulness Center Sweden's (MfC) most applied mindfulness program HÄR & NU, developed from MBSR and MBCT.* All these 3 programs are scientifically researched and evidence-based to increase well-being, health and quality of life.

*MBSR Mindfulness based Stress Reduction Program and MBCT Mindfulness Based Cognitive Therapy.

During the course, we alternate mindfulness exercises with theory and home studies. We meet once a week for guidance and a space to share our individual experiences. The course provides a foundation for integrating mindfulness into your everyday life.

Each week is based on certain themes both in guided exercises, theory and discussions in the group. Each lesson supports you to be confident with both formal and informal exercises to apply mindfulness in your own everyday life. You will be encouraged to train about 20-40 min a day and share your experiences with the group once a week.

Shorter theory classes cover topics such as stress physiology/regulation, embodied awareness and cognitive filters, research on mindfulness and how the brain and nervous system are affected by mindfulness, Mindfulness for coping with difficulties and on compassion.

Warm welcome!

PRACTICAL

The gatherings are taking place via zoom. More information and invitations to the zoom-meeting will be send by email. You can join from where you are; all you need is a floor space enough big that you can sit and lay down.

Language is on English or Swedish.

More info is send before the course is starting.