

Mindfulness-Based Stress Reduction (MBSR) Program - Improving Your Overall Wellbeing -

The Mindfulness for stress reduction programme was developed by Jon Kabat-Zinn and colleagues at the university of Massachusetts Medical Centre in the 1970s to alleviate a wide range of health problems.

The 8 week MBSR program incorporates techniques such as meditation, gentle yoga, mind-body exercises to help people learn how to cope with stress, together with discussion on stress and life skills.

Long term stress can have a major impact on our physical and mental health. Mindfulness-Based Stress Reduction (MBSR) aims to improve general well-being and address prolonged periods of stress, which can lead to poor mental and physical health.

People have reported feeling more engaged in their work, being more energised, less anxious, as well as sleeping better and having fewer physical symptoms of stress, after attending an MBSR course.

The MBSR Program Includes:

1 Orientation Session

8 weekly sessions of 2h/2h30

1 All-day Retreat

Orientation Session

Tuesday 14th January 2020

Morning: 9.30 a.m. to 10.30 a.m.

Evening: 7.30 p.m. to 8.30 p.m.

Weekly Sessions

Tuesdays:

28 January | 4, 11, 25 February |

3, 10, 17, 24 March 2020

MORNING: 9.30 to 11.30/12.00 |

EVENING: 7 p.m. to 9/9.30 p.m.

All-day Retreat

Sun 8th March, from 10.00 to 16.00

Facilitated by: Silvia Vernaschi, Mindfulness instructor

Information and registration

info@asphere.ch or silvia@silviavernaschi.com

**Early bird fee if you register before the 15th of December
(places are limited)**

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