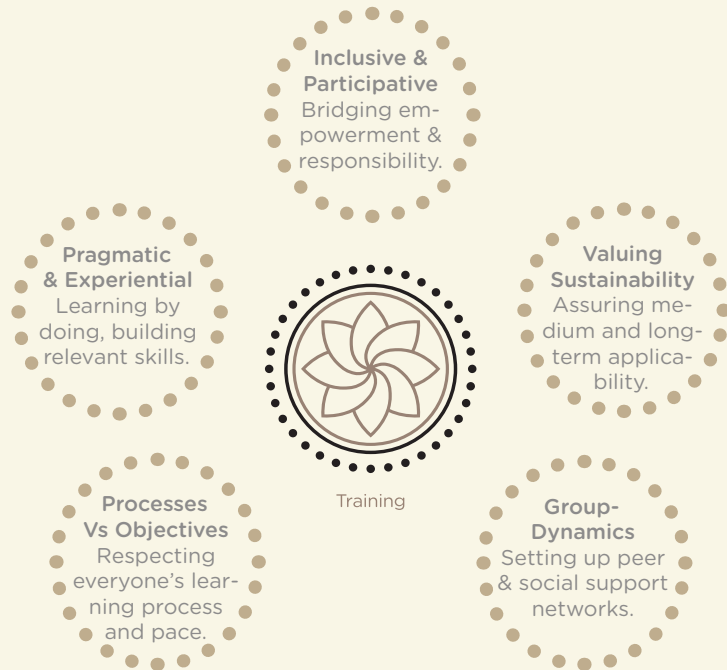


“A Person-Centred Approach”



METHODOLOGY



ABOUT BOAZ B. FELDMAN



Boaz is trained as a therapist and teaches mindfulness approaches worldwide in:

- **Humanitarian interventions** - Afghanistan & Myanmar.
- **Universities** - Trinity College Dublin Executive MBA Program.
- **International sector** - World Health Org., United Nations.
- **Corporate sector** - Geneva Barrister, Butini Foundation, International Medical Corps, HUG and others.

He sees clients and groups in his multi-disciplinary clinical practice across the Geneva University Hospital and provides distance-based sessions (Skype) as well as e-learning solutions.

Mindfulness Based Stress Reduction Program (MBSR)



8-Week Training in November 2016





AN ESTABLISHED PROGRAM

Mindfulness is a mental training which increases one’s capacity for focus, attention, wisdom and connectedness both at work and at home.

In the past 30 years, over 1000 clinical trials have studied the effects of the Mindfulness-Based Stress Reduction (MBSR) training protocol. MBSR is established today as a powerful support methodology in the face of stress. Studies have shown that Mindfulness helps with difficulties such as :

- Headaches and migraine.
- Sleeping problems.
- Tensions and chronic pain.
- Anxiety and depression.

BENEFITS OF MINDFULNESS

Mindfulness meditation includes practices of:

- Calm & serenity.
- Centredness & clarity of mind.
- Compassion.
- Creativity.

By understanding the conditions leading to stress and developing various coping mechanisms, this workshop will focus on the integration of mindfulness meditation in daily life situations, and will help gain a capacity for:

- Stress reduction and stress management.
- Increased resilience and confidence.
- Diverse communication skills.
- Balancing efficiency & wellbeing at work.
- Creative and wise living.

“Since I did this training, I feel transformed. The practice of mindful acceptance has really brought peace into my life.”

Sima Osman,
MBSR graduate.

8-WEEK TRAINING PROGRAM

This 8-week training program is an opportunity to deepen your mindfulness practice with a group of committed practitioners. Suitable for beginners and experienced meditators alike. The training program includes:

- 8 weekly group sessions.
- A training manual.
- E-learning platform access.
- Resilience psycho-education.
- 1 full day of practice (lunch included).
- A group feedback session (in June 2016).
- An individual interview with the facilitator.
- Weekly guided audio meditations.



PROGRAM DETAILS

- Dates:** 6x Tuesdays 6:30pm-8:30pm, 1.11, 8.11, 22.11, 29.11, 6.12, 13.12
1 x Saturday 10.12.2016, 10:00am-6:00pm.
- Location:** Centre Sphere, Ch. Frank-Thomas 68, 1223 Cologney.
- Fee:** CHF 565.-
Sphere Members: CHF 515.-
AVS/Students/Unemployed: CHF 395.-
- Early Bird:** CHF 495.- (registration before 30.09.2016).
- Registration:** Elena de Weck +41 79 418 28 79, info@asphere.ch - www.asphere.ch
- Limited number of participants.
 - Open to all, with any or no religious affiliation.
 - All participants receive an MBSR Training Certificate of Completion.