



# Mindfulness Based Living

8 week Course (CHF 320 /18 hours)

**What is Mindfulness?** Mindfulness is an innate capacity of the mind to be aware of the present moment in a non-judgemental way. This promotes a way of being that helps us to take better care of ourselves and lead healthier lives. It also enables us to access inner resources for coping effectively with stress, difficulty and illness.

## Spring 2016 MBLC Schedule

**Where?** 'Sphere', 68 Chemin Frank Thomas, 1223 Cologny (Geneva)  
[www.asphere.ch](http://www.asphere.ch)

**When?** Mondays 13.45 -15.15h:

**April 4th:** complimentary Introductory Session

**April 18th:** 'Start where we are'

**April 25th:** 'The body as a place to stay present'

**May 2nd:** 'Introducing mindfulness support'

**May 9th:** 'Working with distraction'

**May 23rd:** 'Exploring the 'under current''

**May 30th:** 'Attitude of the observer'

**June 6th:** 'All day mindfulness' retreat

**June 13th:** 'Self-acceptance'

**June 20th:** 'A mindfulness based life'

**September [date tbc] follow-up session** 'The rest of your life'

**What's included?** Eight weekly sessions of 1½ hours each; a one day 'retreat' of 4 hours; a follow-up session after the course is completed; a course manual; 18 audio guided practices (as downloads).

**How do I join?** Come along to the **Introductory Session on Monday 4th April** or contact **Cheryl Gooch**: [MBLC.geneva@gmail.com](mailto:MBLC.geneva@gmail.com) / +41(0)78 604 4391 and **Facebook**: Mindfulness Based Living in Geneva