

INTRODUCTION TO MINDFULNESS

4 week course



Reduce stress & live with more joy!

It can be easy to rush through life without stopping to notice much. Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. Some people call this awareness "mindfulness". Mindfulness can help us enjoy life more and understand ourselves better.

How is mindfulness helpful in life?

Thousands of scientific studies have shown proven benefits of mindfulness, including:

- Reduced stress
- Reduced inflammation in the body
- Improved concentration and memory
- Improved sleep
- Improved empathy and compassion to self and others - leading to better relationships
- Improved overall health and wellbeing

What can you expect in this 4 week course:

- Brief theory and neurology of mindfulness (what it is, how it works and what it isn't)
- Introduction to basic mindfulness exercises , with weekly home practice suggestion
- Tips and inspirations how to practice mindfulness in your everyday life
- Support and guidance of an experienced mindfulness teacher
- Printed course material to keep with the summary of information and exercises
- Audio meditations for home practice

Teacher: Jana Kyriakou

- Experienced, certified mindfulness teacher for children, teens and adults

Dates: Wednesdays, 9.30 - 11.00 a.m.

March: 18th ,25th April: 1nd, 8th 2020

Course Location: Tennis center Pala&Vizner, Suttnerové 841/2, Praha 6 - 5 min drive from ISP (www.palaviznertennis.cz)

Price: 2.000,- Kc

Registration: email - janakyriakou@bewellinstitute.com

 Follow Jana on Facebook: **Jana Kyriakou - move.breathe.grow**

