

# INTRODUCTION TO MINDFULNESS

*On-line course - 4 lessons live*



*Reduce stress & live with more joy!*

It can be easy to get overwhelmed by information overload and difficult emotions. And we can rush through life without stopping to notice the goodness around us. Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. This awareness is called "mindfulness". Mindfulness can help us enjoy life more and understand ourselves better. It can help us look at our thoughts and difficult emotions from a bit of a distance and to deal with them with more ease and understanding.

## **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 lessons course:**

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

## **Teacher: Jana Kyriakou**

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

**Dates and times:** March 20th, 23rd, 25th, 27th

10.00 - 11.00 a.m. - Prague, Czech R. time

**Course Location:** on-line, you will get a link to a ZOOM meeting via e-mail

**Special Price: 1.200,- Kc**

**Registration:** e-mail: [jana@janakyriakou.com](mailto:jana@janakyriakou.com)

