

MBSR©

Mindfulness Based Stress Reduction

Mindfulness-Based Stress Reduction (MBSR) is an eight-week, in-depth, experiential course in mind/body awareness. Using meditation, yoga, personal inquiry, dialog, and somatic awareness exercises, the MBSR program introduces you to the art and science of mindfulness practice as a way of reducing stress and learning to relate directly to whatever is happening in your life, including the challenges of stress, pain, illness and everyday demands.

How MBSR can benefit you

- Reduce your stress symptoms and maximize the benefits from medical and psychological treatment
- Boost your stress tolerance with healthy stress coping and relaxation strategies
- Increase your energy and concentration
- Recognize negative habits, patterns, and beliefs and foster a more positive state of mind
- Cultivate self-care and self-compassion
- Develop greater balance, control and fuller participation in your life
- Enhance your sense of peace, clarity, and well-being

8-week MBSR Courses 2019

February 13 – April 3: Wednesday evenings

Wednesday evenings (6:30pm-9pm): Feb 13, Feb 20, Feb 27, Mar 6, Mar 13, Mar 20, Mar 27, Apr 3; Day of Silence, Sun. March 24 (10am-4:30pm)

April 10 – May 29: Wednesday evenings

Wednesday evenings (6:30pm-9pm): Apr 10, Apr 17, Apr 24, May 1, May 8, May 15, May 22, May 29; Day of Silence, Sun. May 19 (10am-4:30pm)

Calm and Ease
in Everyday Life

Mindfulness-Based Stress Reduction
(MBSR)

Course Location

Psychotherapie Praxis Windmühlgasse,
Windmühlgasse 14/4, 1060 Vienna

Course Fee

€350 includes an orientation interview, course materials, audio files, lunch on the Day of Silence and post-course consultation if required

Registration

Tel. 0699 12 55 75 55
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About MBSR©

Since its inception at the UMmass Medical Center in 1979, MBSR is designed as a self-care and prevention program, teaching people how to use their innate resources and abilities to respond more effectively to stress, pain, and illness. Today MBSR and mindfulness training extend beyond the realm of complementary medicine and are taught in schools, businesses and institutions worldwide as a foundation for cultivating positive health behaviors and nurturing psychological and emotional resilience. By developing the ability to regulate and control emotions, MBSR also fosters emotional intelligence, social competence, interpersonal communication and conflict resolution abilities.

Clinical research conducted over the past 35 years indicates that mindfulness training can have a powerful and long-lasting therapeutic effect for those experiencing stress, anxiety, high blood pressure, depression, chronic pain, migraines, heart conditions, diabetes, skin disorders, fibromyalgia, gastrointestinal symptoms, insomnia and other ailments.

MBSR is not a cure for serious medical conditions and should not be used as a substitute for medical or psychotherapeutic treatment. However research validates the complementary benefits of MBSR on physical health and psychological well-being.

MBSR Curriculum & Topics

Formal and informal mindfulness practices such as body scan, mindfulness meditation and gentle yoga-based stretching are taught to focus awareness on body sensations, thoughts, and emotions in a nonjudgmental way.

The course includes guided instruction in mindfulness practices, inquiry and application into experiences of daily living, group dialogue, didactic presentations and discussions about stress physiology, automatic stress reactivity, how perception and conditioned behavioral, cognitive and emotional patterns shape our experience of stress as well as mindfulness-mediated strategies for responding positively and proactively to stressful experiences and difficult emotions. Other practical exercises provide opportunities to develop skills in interpersonal communication, conflict resolution and self-care. The practices are non-religious and appropriate for all levels of skill, even those with no prior experience.

Daily, individual practice (45 minutes, 6 times a week) with guided meditation recordings and a workbook is a core element of mindfulness training at home.

The course consists of eight weekly classes (2.5 hours) and one day-long class (Day of Silence) to deepen the mindfulness skills developed in the group.

MBSR Teacher

Mag. Jennifer Weidinger is a certified MBSR teacher (Arbor Seminare / Center for Mindfulness), resilience coach und Ortho-Bionomy practitioner. She started Resilient Mind & Body e.U. in February 2017 focusing on bodywork and body/mind-oriented treatment and reduction of stress and pain. Mindfulness, the cultivation of non-judgmental, moment-to-moment awareness, is the foundation and basic therapeutic approach to accessing clients' innate resources for learning, growing and healing.



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