

Welcome to the Mindfulness Course – in English!

Practicing mindfulness in meditation groups is a wonderful way of connecting with others, learning about ourselves, experiencing joys and insights as well as working through life difficulties. The mindfulness practice deepens your living experience. It is an integrative, mind-body based training that allows you to explore your thinking and feeling patterns in times of peacefulness and freedom as well as struggle and stress. The mindfulness practice strengthens your ability to approach your daily activities with curiosity and nonjudgmental attitude.

Among the outcomes of the course are: in-depth personal experience, ability to apply newly learned skills of mindful presence in life and in the professional context, openness to share and to connect with others about your personal experiences. The course is primarily experiential as we would like to invite you to immerse yourself as best as you can into the process of mindfulness presence. This means adopting an attitude of curiosity to your experience of the present moment with non-judgmental approach regardless of the expectations for the course.

In order to fully participate and enjoy the benefits of the course we require a brief personal interview at Lara e.V., that you already have basic skills of emotional stability and self-regulation in your daily life as well as some experience in participation in group sessions of up to 12 members. Those include sitting in silence for several minutes and directing attention to thoughts, emotions, body sensations or the environment.

We look forward to seeing you at the course!

Time: This Mindfulness course consist of 8 sessions taking place on Tuesdays 16:30-18:30, initial starting is planned for Jan 2020. (A second advanced course is also planned.)

Language: The course will be held in English by Beata Tschirch & Majken Bieniok

Costs: It will be free of charge.

Place: LARA – Fachstelle gegen sexualisierte Gewalt an Frauen*, Fuggerstr. 17, 10777 Berlin

*Please get in contact for a personal meeting
and more information!*

Dr. Majken Bieniok (Dipl.Psych.)

LARA e.V. - Verein gegen sexualisierte Gewalt an Frauen*

Projekt für Frauen* mit Komplextraumatisierung

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