

Mindfulness for corporate groups

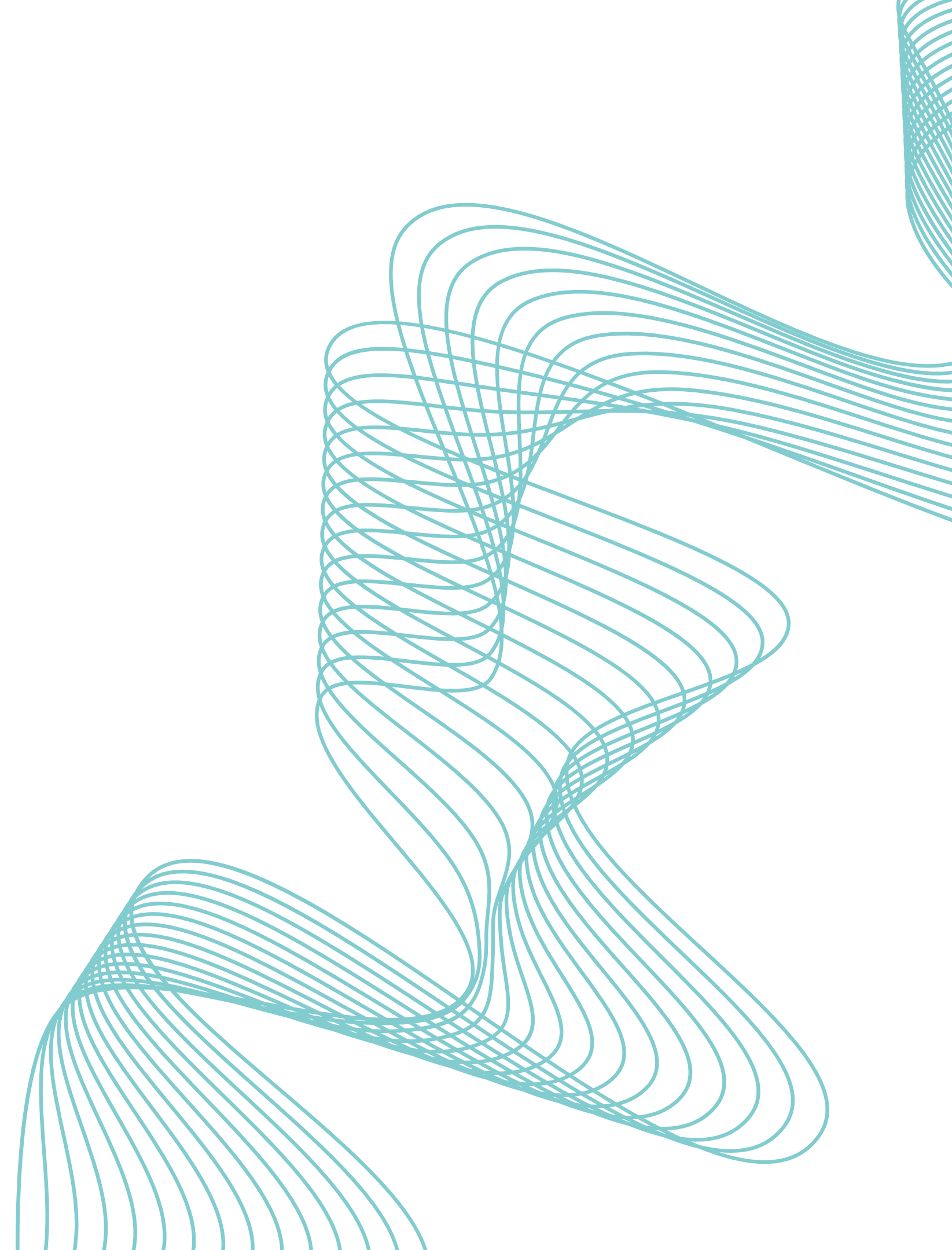
Presented by Emma Reynolds

Mindfulness for Life

www.mbsr-mindfulness.com

info@mbsr-mindfulness.com

0034 617 721 610



Mindfulness sessions

Emma Reynolds is an accredited Mindfulness teacher. She is trained to teach MBSR*, which is a course to learn how to use Mindfulness practices to lower stress and anxiety.

Mindfulness Sessions for Corporate Groups.
The objective of the session is:

- to bring a better understanding of what stress is
- explore how the body reacts to stressful situations
- to discover how mindfulness can help calm the body and mind, by stepping out of stressful and negative thoughts.
- to learn how mindfulness can allow you to be more skillful when dealing with potentially stressful situations in the future
- to learn how to bring mindfulness into your daily life, to help improve focus, and be more compassionate to yourself and others
- and finally to foster a sense of appreciation for what is already present in our lives

POTENTIAL BENEFITS:

There are now over 30 years worth of scientific research that consistently show how mindfulness practices can enhance our physical and mental well-being.

Practicing mindfulness, and mindful meditation can improve:

- Concentration
- Creativity
- Clarity of mind
- Working memory
- Emotional intelligence
- Mental stamina
- Sleep
- Immune functioning
- Relationships
- Life satisfaction

And reduce:

- Stress
- Depression
- Anxiety
- Distress
- Pain
- Ruminating
- Tension



Mindfulness sessions



As such the session will be both theoretical and practical.

Theory:

We will look briefly at the new discoveries in neuroscience around neuroplasticity and reflect on how altering our ways of thinking can literally change the brain, allowing us to get better at stepping out of old automatic ways of thinking and doing that do not serve us. We'll explore how our perspective and how we respond to events creates stress, plus what stress does to the body.

Practice:

We'll do some short 2-5 minute practices, plus mindful walking and mindful movement to train the attention and to release body tension. We'll also do some longer practices, exploring how we can step out of over-thinking. Finally we'll do a 20-25 minute Body Scan which participants can do sitting, or lying down.

Space:

Please provide a suitable quiet space with chairs. We will provide a variety of yoga mats, meditation cushions and meditation mats.

Participants:

For participants with at least intermediate level English. No previous knowledge or experience needed in meditation. Please wear relaxed, comfortable clothing.

Price:

Contact us for prices

Payment:

50% to confirm the event, and 50% to be paid within one week of the event.

Payment by Bank Transfer

- MBSR – Mindfulness-Based Stress Reduction (An 8 week course, run online or in person)