

MBSR in Mind-Body Medicine 7-Day Program

Sunday 2nd of April – Sunday 9th of April 2017, Finland

NOTE! Early bird price is valid until 28.02.2017

You are most welcome to this unique 7-day program!

You will be trained intensively in mindfulness meditation as it is taught in the Mindfulness-Based Stress Reduction Clinic at the University of Massachusetts Medical School. You will experience the whole 8-week MBSR program taught by the most renowned teachers in MBSR: Saki F. Santorelli, EdD, MA and Florence Meleo-Meyer, MA.

Saki and Florence have developed MBSR program together with Jon Kabat-Zinn over 35 years. You will have a rare opportunity to experience their depth of practice and knowledge of mindfulness uniquely.

Formal and informal MBSR meditations are cultivated throughout during this program. You gain familiarity with the theoretical underpinnings of MBSR and review MBSR research. You will recognize the need to embody mindfulness meditation practice in one's daily life before attempting to teach it to others.

Pre-requisites

None. You may be as well a beginner or well experienced in mindfulness.

Learning Objectives

- Explore the essential components of the MBSR curriculum
- Investigate the ongoing practice of the principles of mindfulness in silence, conversation and dialogue
- Identify and expand one's ability to work mindfully with the experience of stress, pain, grief and anxiety within ourselves and when working with others.
- Explore the potential to support human flourishing
- Review research supporting clinical use of MBSR
- Identify the language and practices used for instructing and guiding others



Teachers:



Saki F. Santorelli, EdD, MA, is a professor of medicine, director of the internationally-acclaimed Stress Reduction Clinic, and executive director of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. He has worked with thousands of medical patients and has educated and helped mentor generations of practitioners and researchers of mindfulness and mindfulness-based stress reduction (MBSR), engaging in more than 30,000 clinical hours of MBSR.

Saki teaches and presents internationally and is the author of *Heal Thy Self: Lessons on Mindfulness in Medicine*.



Florence Meleo-Meyer, MA, directs Mindfulness-Based training programs with excellence, depth, rigor and integrity in the development and cultivation of an international network of MBSR teachers. She is the Director of Oasis Institute for Mindfulness-Based Professional Education and Training, a senior MBSR teacher and a member of the executive leadership team for the Center for Mindfulness.



Tuition fee (without accommodation)

1. Early bird price 1.891,00 € valid until 28.02.2017 (1525,00 € + VAT* 24% 366,00 €),
2. After 28.02.2017 the price is 2.139,00 € (1725,00 € + VAT* 24% 414,00 €)

- Language: The training will be taught in English.
- Venue: Vierumäki Resort Sport Institute
- Accommodation: Single or double room, meals are included.
- You will receive a certificate of participation.

Please register

www.mindfulness.fi - Trainings in English

Organized by:

Center for Mindfulness (CFM), University of Massachusetts Medical School, (UMass) U.S.A. and
Center for Mindfulness (CFM), Finland Oy



Center for Mindfulness
in Medicine, Health Care, and Society

