

Mindfulness Be Balanced

For everybody who would be interested in learning to take better care of themselves and who wants to discover a deeper sense of well-being.

Let's Talk Mindfulness

"Strictly speaking, mindfulness is not a technique or method, although there are many different methods and techniques for its cultivation. Rather, it is more aptly described as a way of being, or a way of seeing, one that involves "coming to ones senses" in every meaning of that phrase. This includes intentionally suspending the impulse to characterize, evaluate, and judge what one is experiencing"

Jon Kabat-Zinn



**Make It Happen
Join Us!**

It is a way of being in the world and practical way of training our mind, body and spirit in the "mental gym" for more well-being and presence. Mindfulness training helps us develop a deeper awareness, peace and clarity through:

- Guided instruction in mindfulness meditation practices
- Guided instruction in Gentle mindful movements and breathing exercises
- Exploration of the mind-body connection
- Group dialogue and mindful communication
- Daily practice through guided instructions

This course involves active participation both in the sessions and at home as you learn to develop mindfulness practices in your daily life.

Research shows that practicing mindfulness on a regular basis can reduce: Stress, anxiety, depression, fatigue, sleep disturbances, chronic pain, high blood pressure, skin disorders.

Upcoming course

Next course will run in 2 modules that ideally is connected with ongoing practice between the 2 modules. Full course 1800 QAR / 1000 QAR per module. *Women only*.

Module 1

14 November | 6:00pm - 8:30pm
21 November | 6:00pm - 8:30pm
28 November | 6:00pm - 8:30pm
5 December | 6:00pm - 8:30pm

• Module 2

• 6 January | 6:00pm - 8:30pm
• 23 January | 6:00pm - 8:30pm
• 30 January | 6:00pm - 8:30pm
• 6 February | 6:00pm - 8:30pm

Introduction course

If you are not sure if you want to sign up for the modules maybe have a taste of the course before making up your mind: 29 October | 9:00am - 12:00pm
Introduction course 250 QR

For more information contact:
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