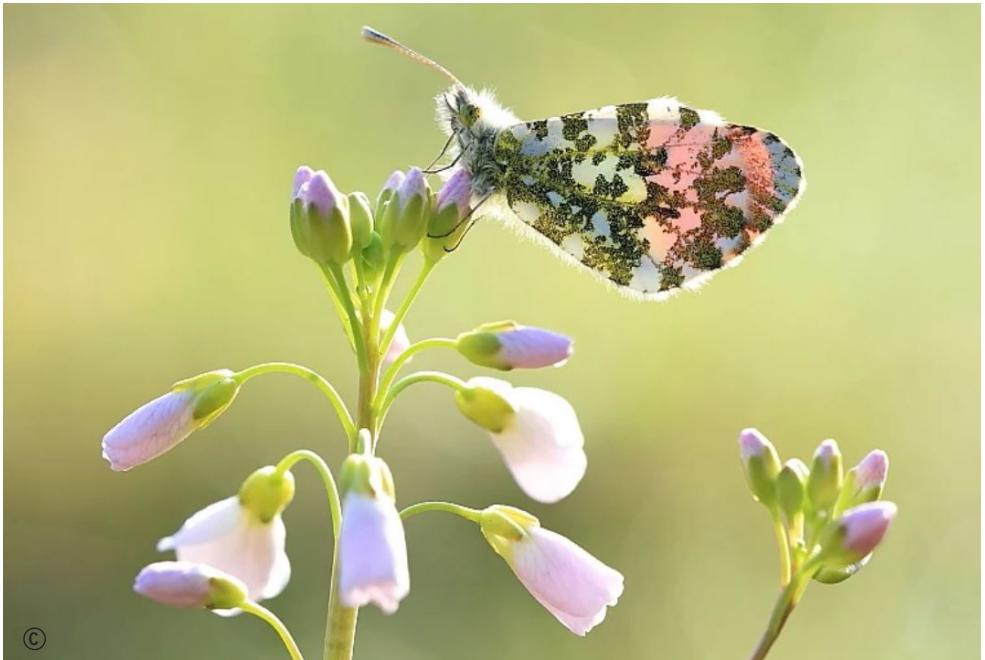


# MINDFULNESS ASSOCIATION BELGIUM



being present • responding with kindness • seeing deeply

## Mindfulness training based on compassion



Courses in Brussels - May 2018

### **level 1: being present**

in 4 weekends // presentation of level 1: 11/05

At the end of the 4 weekends, the participant will receive a certificate giving access to the **level 2: responding with compassion**.

## **level 1 : being present - 2018 ( EN / FR )**

• we 01 • 12-13 / 05

### **start where you are**

We are initiated to our main practice of settling, grounding, resting and mindfulness support. We also practice bodyscan and walking meditation and simple practices for integrating mindfulness into daily life. We work on developing kindness as a basis for self-compassion.

• we 03 • 22-23 / 09

### **self-acceptance**

We learn to work with strong emotions that arise and developing the capacity to 'hold' difficult experiences within body and mind. We learn to acknowledge and come to terms with difficult thoughts and emotions by paying them close attention with a kind and inclusive attitude.

• we 02 • 16-17 / 06

### **noticing distraction**

We are now more familiar with how the mind moves. We begin to see how distraction reveals an inner world of habitual patterning. We recognize attitudes of preference - like and dislike. We learn to act instead of react and informed choices based on intelligent discernment.

• we 04 • 03-04 / 11

### **undercurrent & observer**

We explore the model of 'undercurrent and observer'. The 'undercurrent' refers to the continuous stream of thoughts, emotions, memories and images that stream through our mind moment by moment, and our capacity to observe it.

\_\_\_\_\_ detailed program can be found on our website \_\_\_\_\_

### **the trainer Annick Nevejan**



She is an independent professional trainer and counselor. She lives in Amsterdam, where she regularly offers mindfulness and compassion trainings.

For the last 5 years she has been tutoring at the University of Aberdeen (Mater in Mindfulness). She is a lead tutor and supervisor for the Mindfulness Association in the UK and Europe.

### **registration**

compulsory via the website, we01 can be attended without committing for the whole module

### **price**

170 € / weekend

### **venue**

Centre d'études tibétaines  
33, rue Capouillet - 1060 Bruxelles

### **contact**

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### **+ infos**

www.mindfulnessassociation.be