

## start dates - 2018

- level 01 • from 12-13 May

**being present** (EN/FR)

- level 03 • from 29-30 September

**seeing deeply** (EN/FR)

- course in 8 weeks • autumn

**being present** (FR)

- course in 11 weeks • autumn

**Mindfulness for 11-18 years old** (FR)

## our trainers

Our trainers meet the UK Good Practice Guidelines for Mindfulness Teachers and are all long term committed Mindfulness meditation practitioners. In addition to this they are all trained in Compassion and so are equipped to be sensitive to and respond skillfully to any personal challenges that may arise in your Mindfulness practice.

## location

Centre d'études tibétaines  
33, rue Capouillet  
1060 Bruxelles

## contact

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## + infos

www.mindfulnessassociation.be

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# MINDFULNESS ASSOCIATION BELGIUM



being present • responding with kindness • seeing deeply

## Mindfulness training



Mindfulness is an innate capacity of the mind to be aware of the present moment in a non-judgmental way. It can be developed through systematic training and promotes a way of being that helps us take better care of ourselves and others, and lead healthier lives. It enables us to access inner resources for coping effectively with stress, difficulty and illness. Mindfulness is based on Buddhist meditation techniques, but the training offered is entirely secular.

## ABOUT MINDFULNESS



Practicing Mindfulness frees us from the conditioning that governs and limits our lives. This results in the flourishing of our human potential to make choices about how we live in connection with ourselves and our world. We help people to transform their lives by training them in being present, responding with compassion and seeing deeply their habitual patterns of thoughts, feelings and behaviours.

## MINDFULNESS ASSOCIATION



The Mindfulness Association (MA) Belgium is a franchise of Mindfulness Association UK. This Association has been set up to deliver secular mindfulness training with compassion. It is a non-profit making organization with altruistic aims directed towards sharing the benefits of mindfulness with all of those who are interested.

Being keen on providing support for our practitioners' practice, we offer:

- manuals with detailed explanations of content of each module
- recordings of guided meditations and exercises to facilitate the practice between the weekends
- the possibility to join a group of practitioners after having completed the 1st module.

**+ infos MA UK**

[www.mindfulnessassociation.net](http://www.mindfulnessassociation.net)

## OUR MINDFULNESS TRAINING

At the Mindfulness Association we offer four levels of Mindfulness training.

### Level 01

#### • **being present**

4 weekends / 8 weeks

This course is an introduction to the foundations of Mindfulness, which is suitable for beginners and for those who already have a Mindfulness practice.

### Level 03

#### • **seeing deeply**

3 weekends ou 1 weekend+1 retreat

This course develops our Mindfulness practice by supporting an exploration of the unseen habitual patterns of thought and behavior that drive us.

### Level 02

#### • **responding with compassion**

3 weekends ou 1 weekend+1 retreat

This course develops our Mindfulness practice by cultivating an attitude of Compassion to ourselves and others.

### Level 04

#### • **Mindfulness for life**

2 weekends + 1 retreat

This course is designed to support Mindfulness practitioners in their ongoing practice, year by year. It involves the development of a personalised Mindfulness practice plan for the year and supports ongoing practice as part of a community of practitioners.

Upcoming dates and a detailed program of the training  
can be found on our website.