

## MINDFULNESS

### What is Mindfulness?

Mindfulness is the basic human ability to be fully present in the here and now i.e. to be aware of where we are, what we are doing and what we are thinking. Mindfulness helps us put some space between ourselves and our reactions, breaking down our conditioned responses.

Although mindfulness is something we all naturally possess, it's more readily available to us when you train your brain and practice on a daily basis.

Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being mindful. And there's growing research showing that when you train your brain to be mindful, you're actually remodeling the physical structure of your brain.

### In this course you will learn skills that can increase your ability to:

- Develop stress managing techniques in order to cope with the challenges of everyday life which in turn will enhance your wellbeing and resilience.
- How to self-manage your emotions
- Develop empathy towards yourselves and others
- Be fully present and alive in this moment

Over the course of the program we will meet once a week and the course will last approximately 1.5 to 2hrs . You can expect the following over the course of our time together:

- Group dialogue and discussions that help illuminate our shared human experience and bring awareness into the everyday
- Guided instruction in different meditation practices
- Mindful yoga instruction
- Daily home practice assignments (30' everyday)

**Dates: Every Friday in March i.e. 8-15-22-29 and 5-12-26 of April and 3 of May**

**Time: 11.30 - 13.00 (please note that some sessions may run until 13.30)**

**Commitment to attending all sessions** of the program and **completing the "daily practice home assignments"** are really key to the success of the program. This can be seen as the training required prior to learning a new skill.

### ABOUT ME

My name is Carmen Castro and I am secondary school teacher. For the past 20 years, I have lived and worked in many different countries namely: Ireland, Australia, Japan, England and Switzerland. My interest in Mindfulness started in 2010 when I developed chronic musculoskeletal pain due to a car accident. Ever since then I have read many books and attended many courses. More importantly however, I have been practising mindfulness on a daily basis and as a result I started sharing my practise with my students. The latter has proved to be very valuable to them. Thus, I am really looking forward to working with you in the near future so I can share both my knowledge and my experience in this topic.

Best Regards,  
**Carmen Castro**