

10 weeks mindfulness course

Description

The 10 weeks mindfulness course will have one session of 90 min every week.

What to expect in a session?

1. Introduction and discussion - 30 min
2. Gentle yoga and breathing exercises - 30 min
3. Mindful body scanning - 30 min

Week	Discussion topic
1	Introduction to the 10 weeks mindfulness course
2	Benefits of different exercises and breathing techniques
3	Mindfulness for healing and recovery from diseases
4	Introduction to elements of life
5	Elemental representation of symptoms of diseases
6	Mindfulness for therapeutic benefits based on the elements of life
7	Introduction to energy centers
8	Energy centers related to symptoms of diseases
9	Mindfulness for therapeutic benefits based on the energy centers
10	Integrated mindfulness practice for therapeutic benefits using body scanning, elements of life and energy centers

Benefits of Mindfulness - Some benefits of mindfulness as supported by scientific articles are improvement in quality of sleep, increase in focus, management of stress, lower impact of physical and emotional pain, faster recovery from diseases, slower aging, weight management, etc.

By the end of the 10 weeks - You should be able to develop your own mindfulness practice and integrate it in your daily routine. If you would like to personalize the mindfulness practice for therapeutic benefits, I would be happy to suggest modifications for your mindfulness practice based on our discussion.

General Guidelines - For best practice

1. Wear comfortable clothes during the session and make yourself comfortable.
2. Avoid consuming any stimulants at least 2 hours before the session.
3. Avoid eating more than half of your usual appetite prior to the session.

Starting date & time

Every Thursday starting from 17.02.2022 from 18:00 to 19:30 Hrs.

Registration – email bankimchander@gmail.com

Zoom link will be provided to the registered participants.

Please note

Maximum number of participants limited to 10