



## 8 - WEEKS ONLINE MBSR PROGRAM

Mindfulness Based Stress Reduction

With Sachin Sehgal & Laure Sarrazin

[www.asimplelife.ch/mbsr](http://www.asimplelife.ch/mbsr)

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## ABOUT MBSR

MBSR – Mindfulness Based Stress Reduction – is an 8-weeks evidence program designed to provide participants intensive and systematic training in mindfulness and movement practices and integrating into one's daily life what is discovered and learned.

The MBSR give participants the opportunity to develop mindfulness, meaning the quality of kind awareness, moment to moment, regardless the present experience.

The Mindfulness Based Stress Reduction program was created in 1979, by Jon Kabat-Zinn, Ph.D. at the University of Medicine in Massachusetts (USA). Well known in the Integrative Medicine, which approaches both mind and body, mindfulness approach consist in a range of practices which create positive conditions to deal with thoughts, emotions, bodily sensations, and actions towards a better health and wellbeing, and stress reduction.

Research has shown positive outcomes associated with increased self-awareness, emotional and attentional regulation. And also significant reductions in symptoms for various physical and behavioral health conditions including anxiety, depression, and chronic pain.

Join us to explore how mindfulness may support you in living life more fully, with greater ease and joy.



## THE TEACHERS

Experienced IT Project Manager in a company in Belgium, Sachin is a certified MBSR teacher and a body work facilitator. His formal training in Mindfulness Based Stress Reduction comes via the Centrum voor Mindfulness, Amsterdam and the Centre for Mindfulness Research and Practice, Bangor University, UK. He is actively involved in the mindfulness community, in study and practice, and regularly attends solitary and interpersonal meditation retreats. Enthusiastic about sharing his knowledge and practice of mindfulness to help people manage stress better, navigate more skilfully the ups & downs of everyday life and live with more joy, gratitude and appreciation.

With an initial career in IT, Laure decided to devote her full attention to others' wellbeing few years ago. She started her journey with a training in Holistic Health & Nutrition Coaching and attended a first 8-weeks MBSR course during this period. She is now a certified MBSR and MBCT for Cancer trained at the Centrum Voor Mindfulness in Amsterdam and the University of Bangor, UK.

## ABOUT THE PROGRAM

The MBSR program is 8-weeks long, meeting online once a week for about 2h00-2h15. Each session includes theory and practices that give you the opportunity to become aware of the automatic pilot, the quality of our interpersonal communication, circular mental rumination, bodily sensations.

The program includes 8 sessions, a half-day retreat, daily practices, guided mindfulness meditation, simple mindful movement, theoretical contributions, group sharing. There is also a mandatory orientation session the week before our first session.

If you want to join Sachin and Laure for a MBSR program, please ensure you are able to fully commit to this program with your presence every week, at the half-day retreat and also to engage in daily practices.

## FOR WHO

Everyone !

But also if you experience:

- Stress: at work, at home, have doubts, sensation of loosing control...
- Burn out
- Anxiety
- Perfectionism
- Insomnia
- Impulsivity, anger
- Pain or other chronic illness



## ORIENTATION SESSION

Orientation gives you the chance to learn deeply about the program, including what to expect and if the program is right for you.

The orientation session is 1h30 and is a great opportunity to:

- learn deeply about what to expect
- understand the origin and principles of MBSR
- meet your teachers
- experience a first mindfulness practice
- ask any question

At the end of the session, the teachers will ask for a brief phone call on one on one basis before the course.

These steps will help you to clarify any aspect of the program and ask any question you might have.



## DETAILS & REGISTRATION

### DATES

Tuesday - 6pm to 8pm

26 October,

2, 9, 16, 23, 30 November,

7, 14 December

Retreat half-day - 4 December

Orientation session - 19 October

### PUBLIC

For everyone, with or without any meditation practice.

### PRICE

375 euros

(the price includes the 8 sessions, the orientation session, weekly handbook and guided meditation audio file)

## Contact

By email:

[contact@lauresarrazin.com](mailto:contact@lauresarrazin.com)

Website:

<https://www.asimplelife.ch/mbsr>