



*With
mindfulness to
resilience!*

MBSR-Course

Mindfulness Based Stress Reduction

with Franziska Knechtenhofer

→ A program for people who are facing challenging situations privately or professionally and wish to reduce stress by cultivating a mindful attitude towards oneself and others.

In presence mode in Zurich or hybrid.



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MBSR 8-Weeks-Course

„Mindfulness Based Stress Reduction“ can be translated as „managing stress through mindfulness“. The eight-week course is based on the original MBSR format developed by Jon Kabat-Zinn in 1979. This course format is offered with great success in many companies, social and educational institutions as well as health facilities worldwide. Practicing mindfulness, as taught in the 8-week course, promotes a conscious handling of stress in everyday life. This results in lasting well-being and serenity.

Contents

The following topics will be conveyed and experienced:

- body awareness exercises (body scan)
- Simple physical exercises (adapted hatha yoga exercises)
- Sitting and walking meditation
- Mindful use of thoughts, emotions, and feelings
- Stress in everyday life and its Health Effects
- Mindful communication
- Self Care

Course structure

Personal conversation

Before the start and after the end of the course there will be a personal interview of 30-45 minutes.

Instruction

In eight course dates of 2.5 hours each and a day course (Sunday) of 6 hours, exercises for the development of mindfulness are taught in alternation with an exchange of experiences in the group and short lectures. In addition, the participants build up a daily practice of 45-60 minutes with the support of audios for guided meditations and a course documentation.

Target audience

The 8-week course is suitable for people who

- professionally and/or privately wish to get rid of daily stress
- are subjects to acute or chronic illnesses
- suffer from chronic pain
- have psychosomatic burdens (e.g. sleeping and digestive difficulties)
- wish to manage oneself and others in a mindful way
- want to live more consciously

The program has proven to be an effective way to improve health and well-being and is a helpful complement to medical and psychotherapeutic treatments.



- 19. Mai bis 14. Juli

Kursübersicht

Group

min. 4 - max. 8
people

Fees

CHF 800.-*

Next courses



Times and place

Weekly sessions each Friday from 18:30 to 21:00 h
+ 1 Sunday from 10:00 to 16:00 h
at Ayuryoga-Center, Bleicherweg 45, 8002 Zürich

* Individual fee including VAT

Notice: Some health insurance companies partially cover the costs.

Course leader

Franziska Knechtenhofer

MBSR-teacher

“I first came into contact with meditation in 2000. Since then the topic has not let me go. Since 2007 I have participated in various multi-day meditation retreats in Switzerland and abroad. In 2016 I had the opportunity to get to know Zen meditation in Japan. That was the trigger for delving deeper into the topic of mindfulness and the decision to then attend my first MBSR course. The two-week temple stay in Kyushu (Japan) motivated me to teach mindfulness. In December 2021, I completed the two-year MBSR trainer course I completed at the Institute for Mindfulness and Stress Management (IAS).

I have been practicing yoga regularly in the Ayuryoga Center for years and deepened my knowledge and practice in the two-year training course to become an Ayuryoga therapist, graduating in May 2022.”



Franziska says:

„You can't stop the waves, but you can learn to ride them“.

(Quote from Surf-Poster from the nineteen sixties)

Member of the
Swiss Mindfulness
Association



Contact and Registration

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