

Mindfulness Based Stress Reduction (MBSR)

Two 8-week MBSR Courses start at The Yoga School at USF Verftet in March:

Are you experiencing a troublesome/stressful period and would you like to learn to navigate and find peace in such situations?

Evening Course

Tuesdays 16:30-19:00, start 14 March

Dates:

14/3, 21/3, 28/3, 4/4, 18/4, 25/4,
2/5, 9/5

A retreat day:

Sunday 30 April from 10:00-16:00

Homework:

Approximately 45 minutes 6 days a week – mainly meditations

Participants: 10-12 people

Day Course

Wednesdays 10:00-12:30, start 15 March

Dates:

15/3, 22/3, 29/3, 5/4, 19/4, 26/4,
3/5, 10/5

A retreat day:

Sunday 30 April from 10:00-16:00

Homework:

Approximately 45 minutes 6 days a week – mainly meditations

Participants: 10-12 people



Dorte Olivarius
Koustrup,

a Dane living in Bergen, offers various mindfulness courses and talks about mindfulness

Dorte is a Qualified Mindfulness Based Stress Reduction (MBSR) teacher from Aarhus University in Denmark and University of Massachusetts, USA and has offered mindfulness courses since Spring 2015

What is MBSR?

Mindfulness Based Stress Reduction is an 8-week evidence-based stress reduction programme that combines mindfulness, meditation and mindful yoga

The Effect:

Various scientific research papers have been made, finding positive effect on stress, the brain and general health when participating in an 8-week MBSR course and practicing the required daily meditations and exercises. Unlike many other mindfulness courses, the MBSR (and MBCT) program is subject to international scientific standards on quality of teaching

Place:

Skandinavisk Yoga og Meditasjonsskole, Georgernes Verft 12, Bergen

Enrollment:

Sign up at: dorte@mindthebusymind.dk or phone +4529287750

Price: NOK 4,900 (20 % discount for students, unemployed and if you register before 16 February)

Includes: 8 sessions, 1 retreat day, course material and recorded meditations