

Let's talk

MINDFULNESS BASED STRESS REDUCTION COURSE

PRESENTED BY



MARC ROFFEY
Psychiatrist

Mindfulness enables you to cultivate a different relationship to the things that challenge you in your life. So often we go through life on 'autopilot'. Being mindful however, allows you to respond to life with less stress and reactivity as well as being more accepting, compassionate, present, and aware. While mindfulness has Buddhist origins, recent research has demonstrated that secular mindfulness is effective at alleviating many physical and psychological symptoms of distress.

This talk will discuss what mindfulness is, some of the benefits of practicing mindfulness as well as some of the myths about mindfulness (like you have to make your mind go blank!). We will also practice some simple and easy meditation. No previous meditation experience is necessary, simply come as you are - as author and teacher Sharon Salzberg says, "Mindfulness isn't difficult, we just have to remember to do it!".

This talk is hosted by Jenny Dakers (research psychologist and life coach) and Marc Roffey (psychiatrist). They are certified Mindfulness Based facilitators through IMISA (the Institute of Mindfulness in South Africa) and Stellenbosch University. They have experience in facilitating the eight-week Mindfulness Based Stress Reduction course (which was designed several decades ago and has been extensively researched), for older persons. They also offer mindful-based compassion courses, and host retreat days.



Member of
IMISA
Institute for Mindfulness
South Africa
www.mindfulness.org.za

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TO CONFIRM YOUR ATTENDANCE CONTACT RECEPTION