



yogatime

Mastering the True Pause

Six-week mindfulness program to lead you to inner balance and freedom.

The Why

Stress is inevitable and has many facets- work, family, illness, pain, exhaustion, daily grind. We can't change the outer circumstances however we can skilfully learn HOW to respond and perceive outer stressors. So, we can be with whatever comes up in our world and remain balanced and stable. Changing our inner voice from "this is too much, I can't do this " to "Ok I got this. I can deal with this."

This six week program is leaning on the evidence based MBSR Training (the most scientifically researched and well-established mindfulness training program) by Jon Kabat Zinn, and includes also our most trusted and thoroughly researched practices and methods.

"Very often we are not willing to be with what is here, because we have an agenda, and there is a struggle and resistance of some kind. Mindfulness is about being with, and learning to have this deep quality and capacity of equanimity (balance) so we can be with whatever comes up in our world and still remain balanced and stable." Wiebke Queisser

The program includes 2 hour sessions each week for 6 weeks, a day-long silent retreat, and daily practice. This is a course that requires commitment and is for people, beginners and advanced practitioners, who want to have more depth in practice and understanding of how to be present for their lives journey, their loved ones and themselves.

- Cultivate self-awareness
- Respond rather than react to stress
- Change habitual reactivity patterns
- Zoom Video, highly interactive teacher-led sessions
- Guided meditations and online course lessons right in your inbox



yogatime

What you will learn

- How to manage the stresses of life more skilfully
- Mindfulness movement, mindful communication, mindful eating
- New tools that will help you to reduce pain, anxiety and increase overall life quality
- Introducing new tools that offer possibilities of new ways of learning (How am I showing up in my life?)
- Gentle ways to re-balance body, mind and spirit

What to expect

- A safe and welcoming environment
- An amazing community of people to connect with and to learn with
- Interactive online learning environment
- Guided meditations and online course lessons right in your inbox
- An experienced facilitator
- A course that requires commitment and participation
- 2 Hours of sessions each week for 6 weeks
- One Day Silent Retreat

Benefits of attending

- You'll better manage work life balance
- You'll gain a solid sense of how to be present
- You'll be able to disconnect from work stress at home and be present with your family
- You'll become more responsive rather than reactive
- You'll be more mindful on your path and journey
- You'll be able to be more aware and curious about your daily processes and bringing that into your (existing) practice
- You'll gain a deeper understanding of what it means be rooted in the presence and to be present for your life.
- Uncover habitual styles of thinking and notice your patterns- are they helpful and lead you to greater stability
- An opportunity to reflect
- Increase overall wellbeing and mental health



yogatime

What's Included in the Training

- 6 weeks of online live instructor lead sessions + orientation
- One Day-long in studio retreat
- Guided meditations & online course materials
- Option to add 1 on 1 coaching with instructor

This program will suit you if:

- You want to reduce the stresses in your life
- You want to shift from reactivity to responsiveness and learn how to do this skilfully
- Deepen your presence for your life, work, family
- Have lots on in your life!
- You want to learn new tools for your professional development to help your clients
- You want to learn new tools that will help you to reduce pain, anxiety and increase overall life quality

“The small and subtle things in life can be the most life changing”

The Method:

Focussed Awareness

We are using mindfulness as an intervention, to uncover and choose our stress response to live our life more peacefully, calm and aligned with what matters most.