

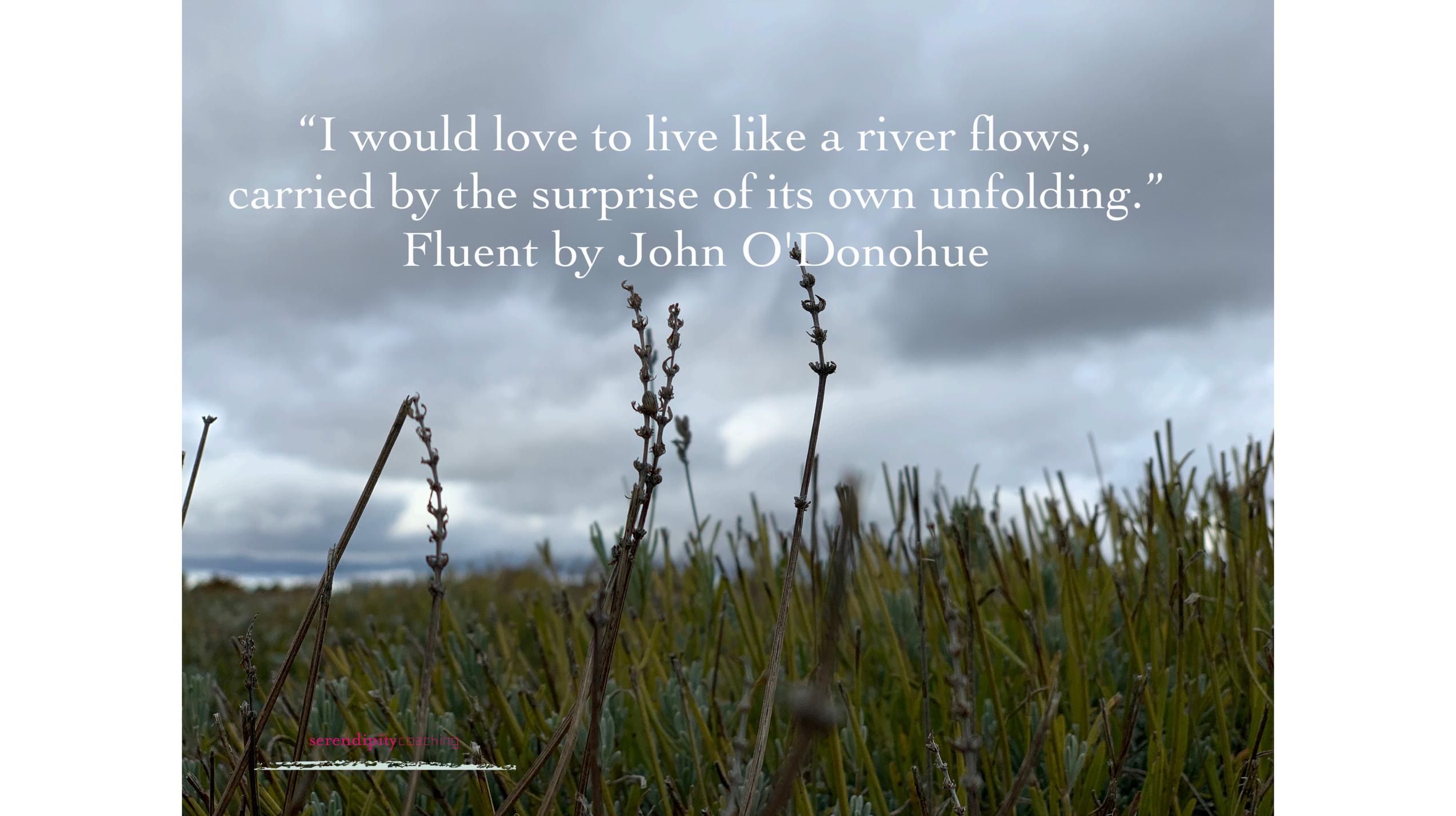
Mindfulness Meditation & MBSR

Workshop

BUCH/NGER
W/LHELMI

AGENDA

1. Presentation
 1. Who am I ?
 2. What will make you at ease to participate ?
2. What is Mindfulness ?
 - Different practices
 1. Mindfulness – Vipassana Meditation
 2. MBSR Program – Mindfulness Based Stress Reduction
3. Benefits ?
4. Creating a supporting environment and some keys
5. Experiential practices
6. Q&A

A photograph of a field of tall, thin, brownish plants with small, dark, round buds at the top. The plants are set against a background of a cloudy, grey sky. The foreground is filled with the lower, greenish-brown parts of the plants, which are slightly out of focus.

“I would love to live like a river flows,
carried by the surprise of its own unfolding.”
Fluent by John O'Donohue

Mindfulness Meditation ?

It's not ?

It's ?

A scenic view of a pine forest at sunset. The foreground is filled with the dark, silhouetted branches of pine trees. The middle ground shows a dense forest of green pine trees and yellow wildflowers. The background features a bright orange and yellow sunset sky with scattered white clouds. The quote is centered in the upper half of the image.

“The real discovery journey, is not about finding new landscapes, but seeing with new eyes.” Marcel Proust

What is Mindfulness?

“ Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally, in the service of self-understanding and wisdom ”

Jon Kabat Zinn

The origins

The practice of Mindfulness Meditation refers to the training of the mind, based on the attention to ourselves thru formal and informal practices.

It is an experiential secular practice based on :

- Buddhist Meditative Practice (Theravada tradition) – Vipassana : clear vision : insight into the true nature of reality
- Psychology & Neurosciences.

The root of meditation : « med », « medomai » in Greek, means taking care of, healing, as the word medicine.

The origins

Sati (Pali) - Remembering, translated to Mindfulness in English :

- Remembering what is skillful, and what is unskillful, what is wholesome and unwholesome :
 - Be clear in the discernment
- Being in the Present moment, providing a place of choice without reactivity :
 - An appropriate response
- Investigating in a non-judgmental attitude, the nature of thoughts, emotions, bodily sensations realizing the filters that block the vision of the world, and a limiting identification
- Developing an openness, awareness connected to the mind, heart & body

Yesterday is history

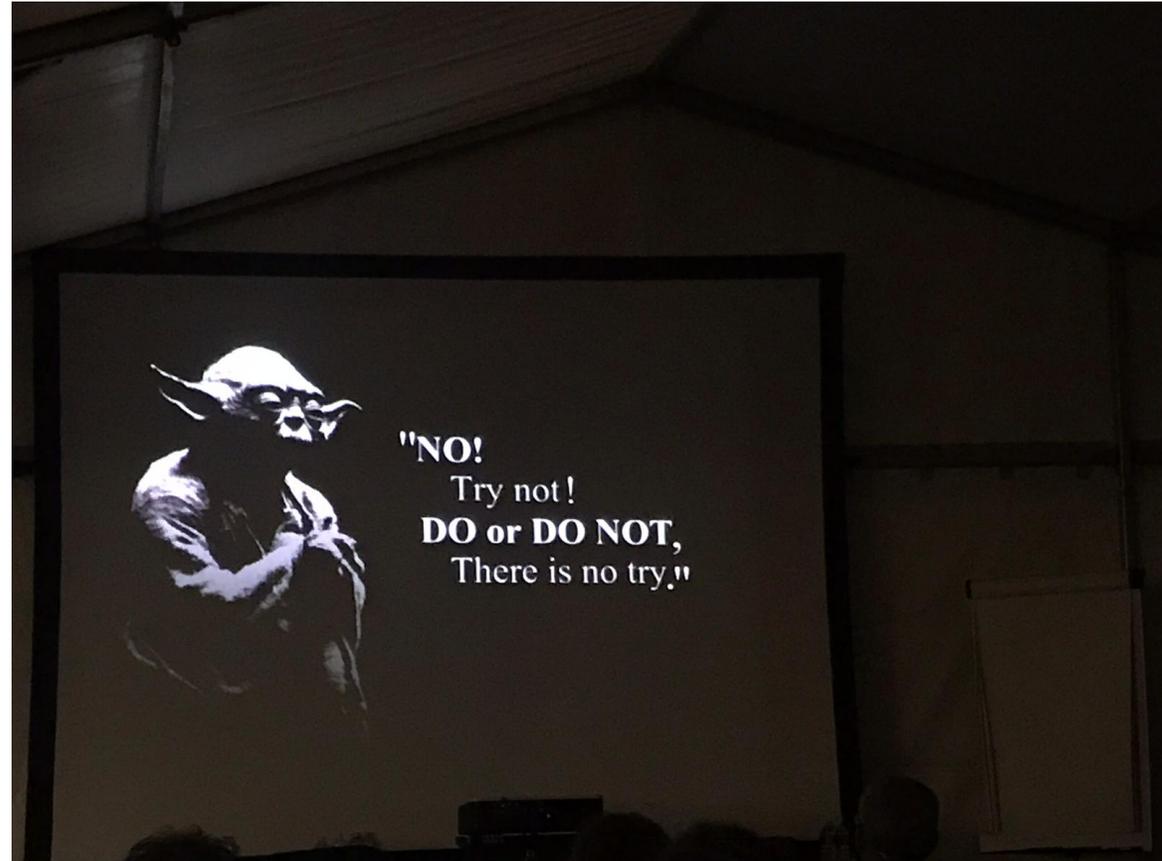
Tomorrow is a mystery

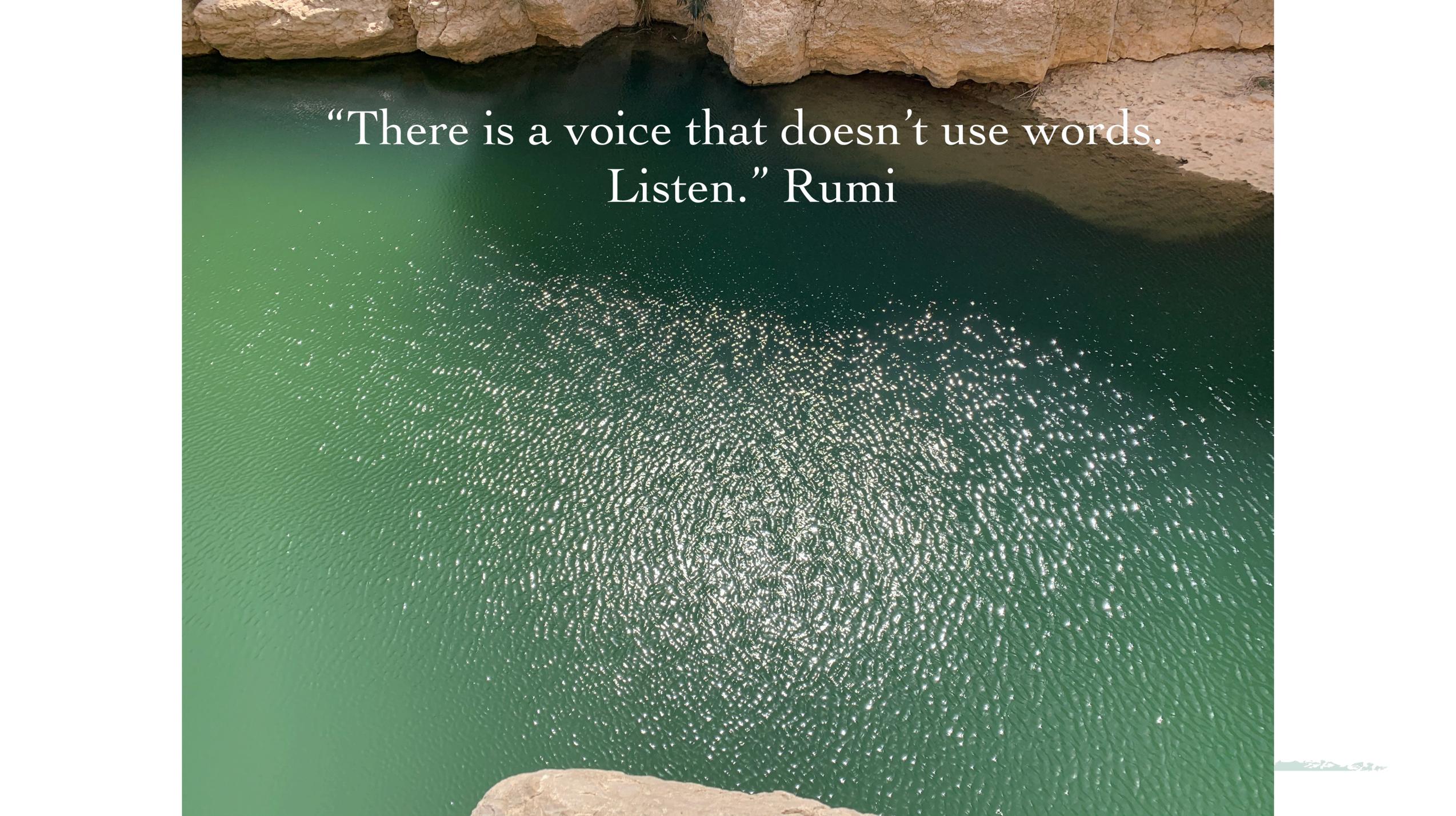
Today is a gift

That's why it is called
present

Kun Fu Panda, 1

Let's practice





“There is a voice that doesn’t use words.
Listen.” Rumi

worrying

stuck

tense

Difficulty to concentrate

Stressed out

pressured

Anxiety

I would like to know who's the jerk shaking this ball

tangled

Lack of creativity

Feeling tense

Difficulty to sleep



Autopilot

Not focused
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First

Do no harm

MBSR

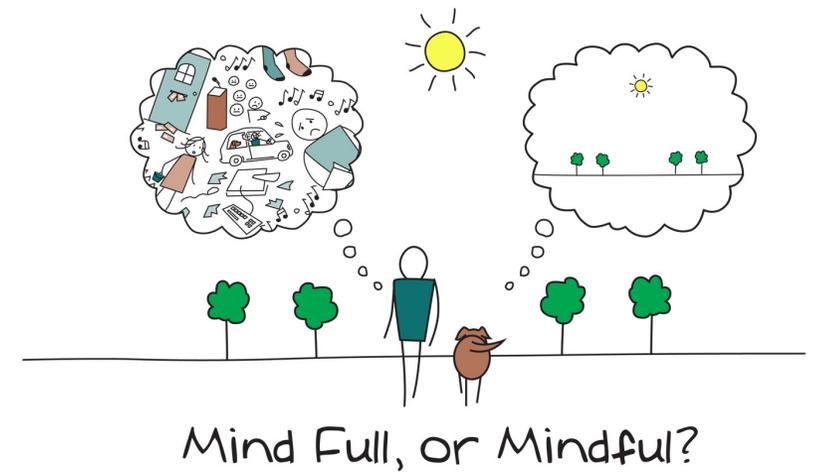
Mindfulness Based Stress Reduction

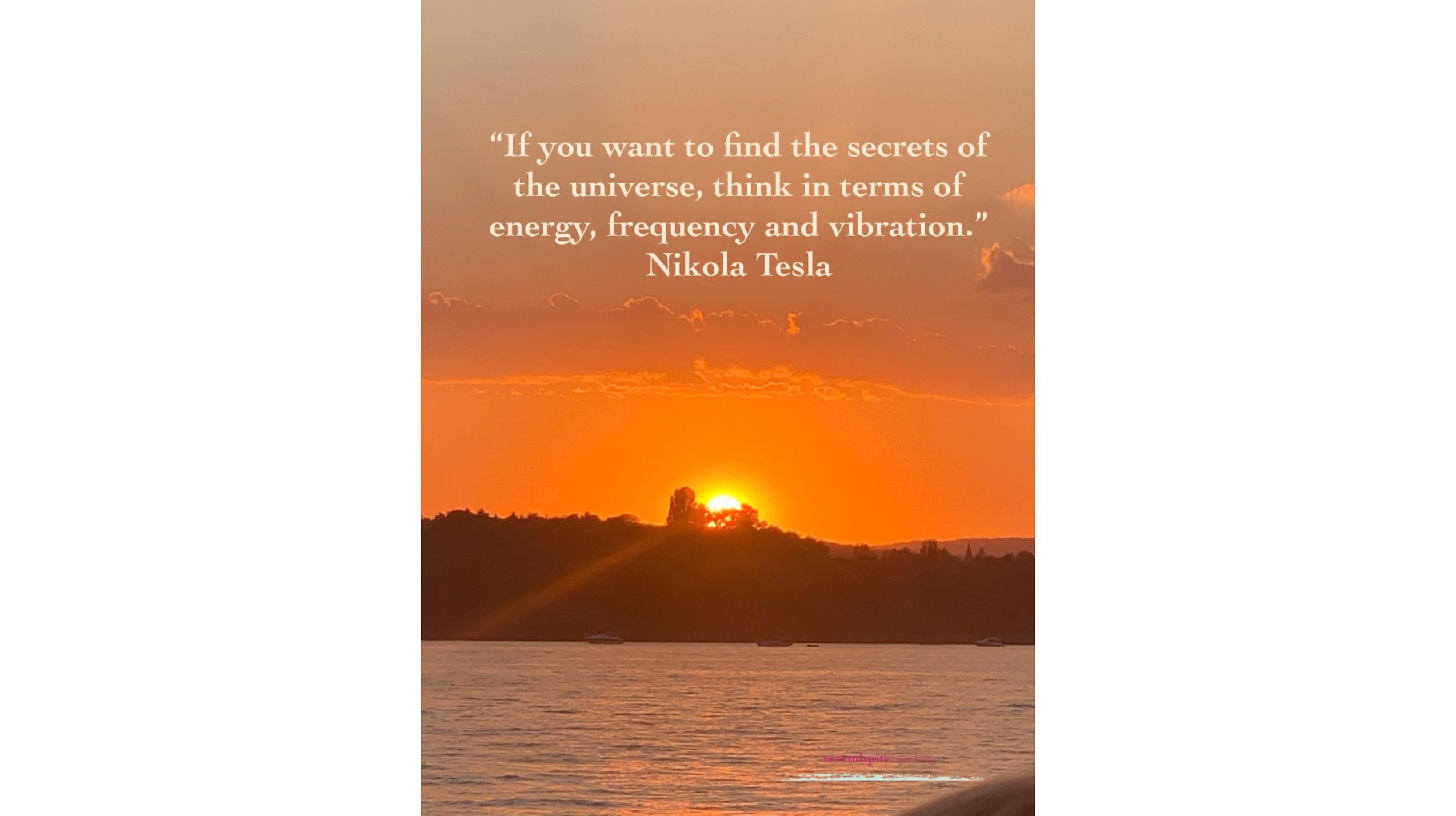
MBSR is an 8-week evidence based, experiential program designed to provide participants with intensive and systematic training in mindfulness meditation and movement practices, and integrating into one's daily life what is discovered and learned through the process of participating in the program.

First created in 1979, by Jon Kabat-Zinn, Ph.D., MBSR has over 40 years of research that consistently demonstrates positive outcomes associated with increased self-awareness and emotional and attentional regulation.

MBSR Programm

- Orientation session followed by 8 sessions and a day of practice.
- Each session : between : 2h30 - 3h00.
- Daily practice 45 minutes & exercises between sessions.
- Audios & documentation provided





“If you want to find the secrets of
the universe, think in terms of
energy, frequency and vibration.”
Nikola Tesla

Neurosciences, what do they say ?

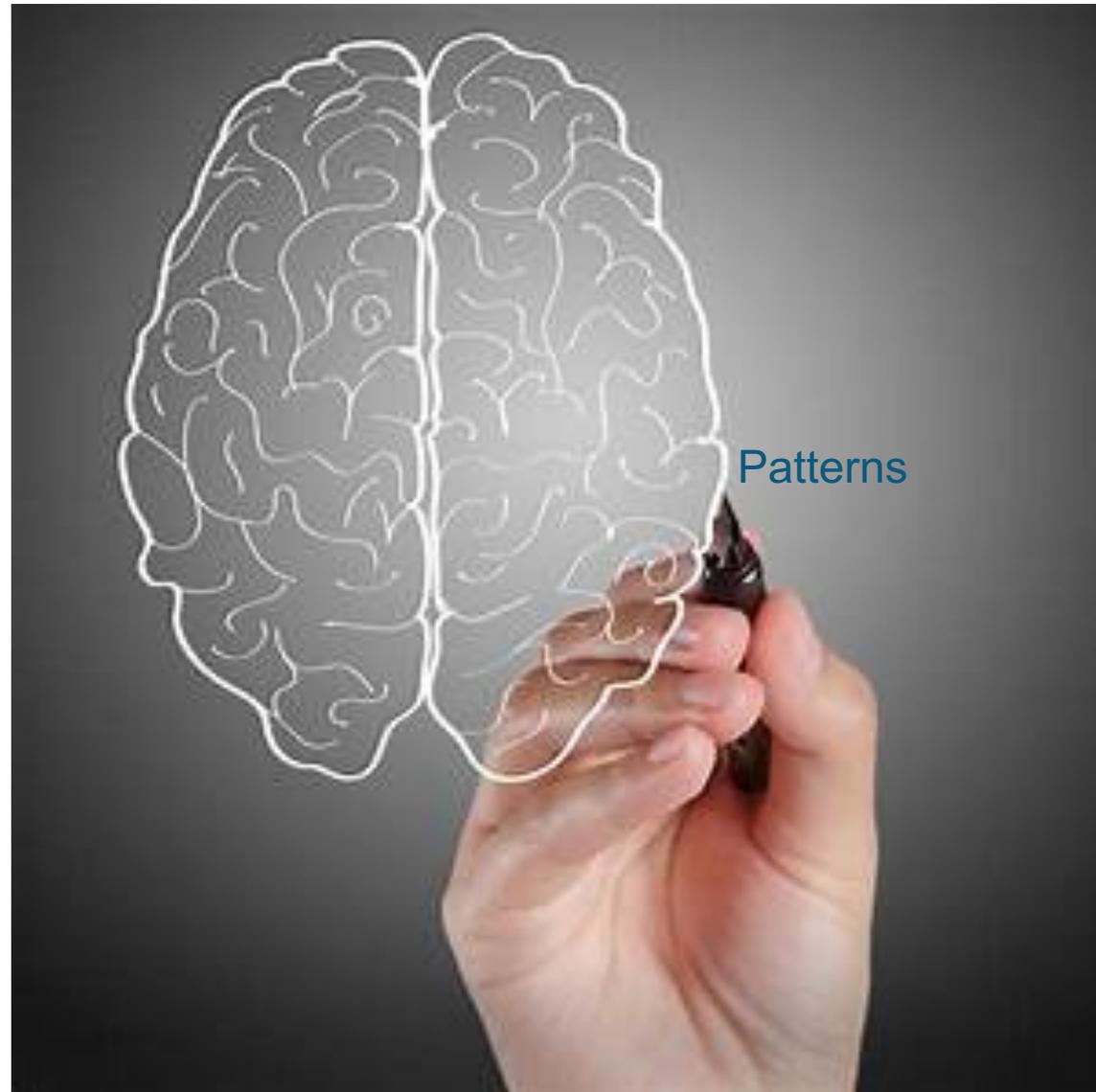
How our Brain works?

Good news! The Epigenetics

cognitive bias

Emotions

Plasticity



Patterns

Thoughts

Sensations

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Where is the Damaltian ?



Newton Law :
For every action
There is an equal reaction



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5 Keys for a good health

1. Nutrition
2. Exercise
3. Management du Stress / Meditation
4. Enjoying ourselves
5. Being in harmony with our personal & professional network



[Joel de rosnay](#)

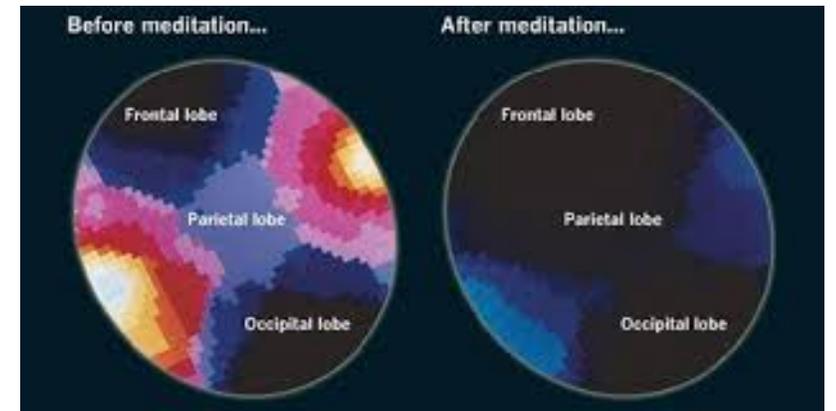
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Zoom

Meditation activates in the brain mechanisms that help the body fight against :

- . Stress
- . Oxidation of the body
- . Inflammation

The Recipe to freedom



Joël de Rosnay has a doctorate in science and is the author of the book "La symphonie du vivant", published by Les Liens qui Libèrent.

MEDITATION BENEFITS*

in daily life

More

Presence

Improved attentional focus

Skillful responses

Positive interactions & emotional regulation

Awareness and concentration

New ways to cope with existing difficulties or pain

Resilience

living with more ease, balance, and happiness

Less

Levels of perceived stress

Health conditions including :

anxiety, depression, chronic pain, and heart disease

Risk factors leading to more serious chronic ailments

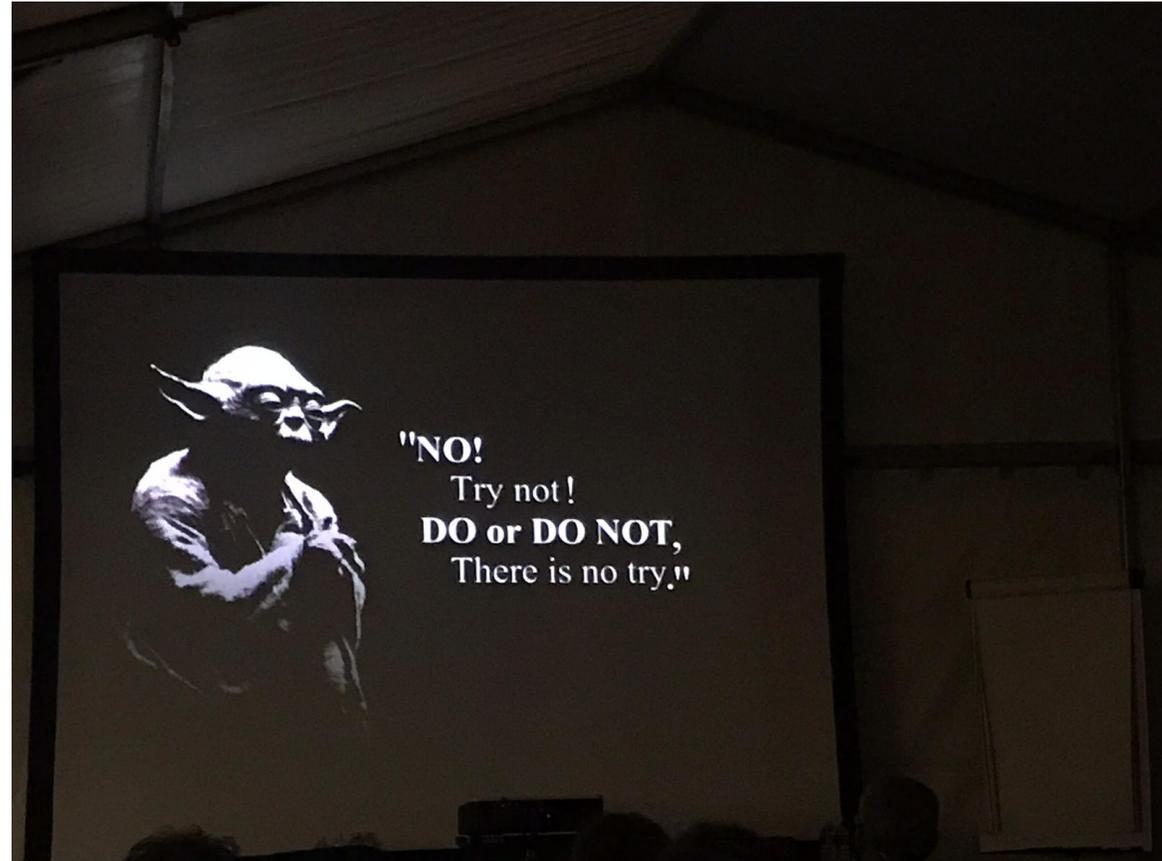
High Blood Pressure

Skin Disorders

Sleep Problems

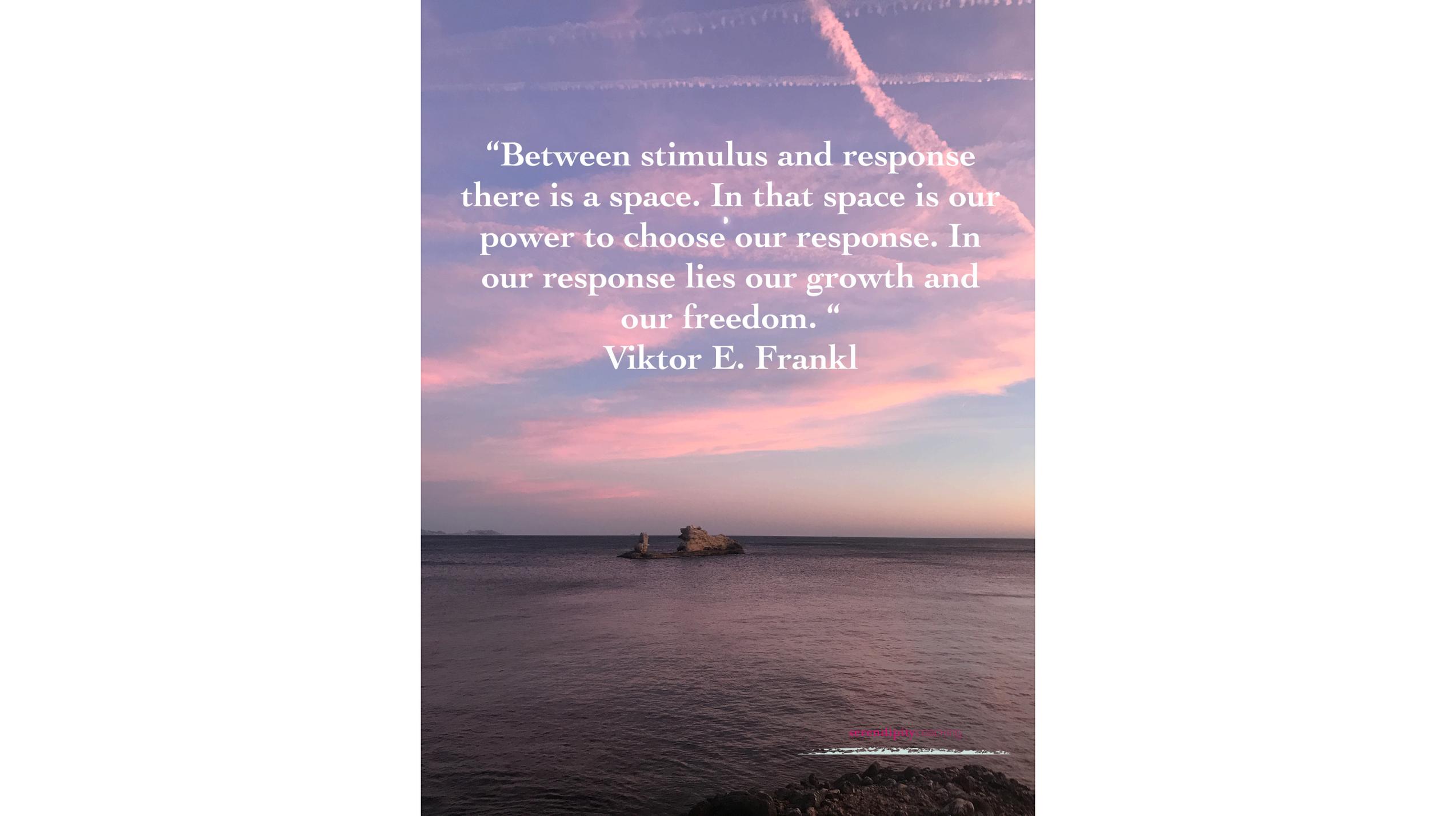
* <https://www.brown.edu/public-health/mindfulness>

Let's practice





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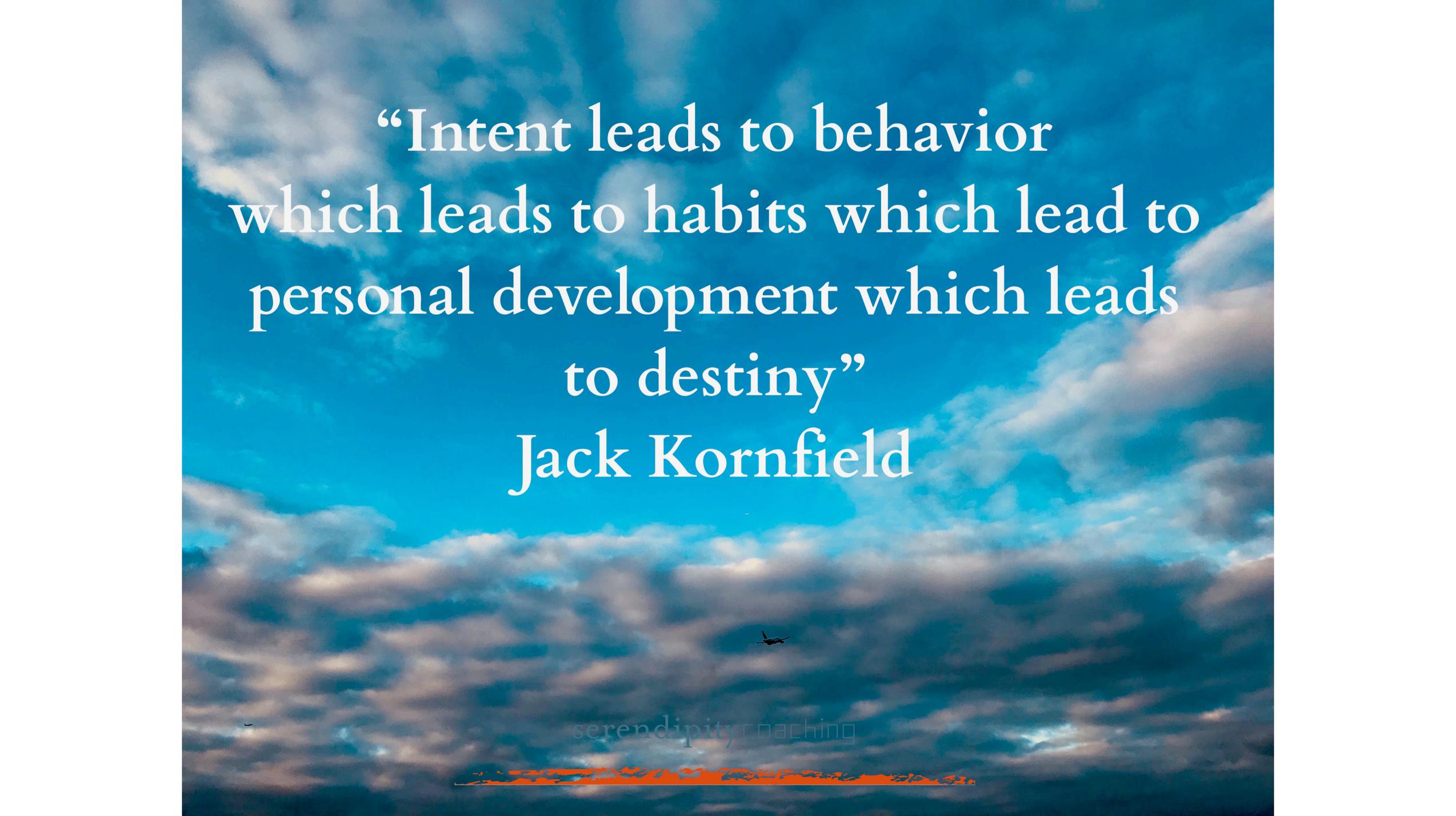
“Between stimulus and response
there is a space. In that space is our
power to choose our response. In
our response lies our growth and
our freedom.”

Viktor E. Frankl

INTENTION

ATTENTION

ATTITUDE

A dramatic sky with blue and orange clouds and a small airplane silhouette.

“Intent leads to behavior
which leads to habits which lead to
personal development which leads
to destiny”

Jack Kornfield

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Beginners Mind

Non Judging

Acceptance

Letting Go

Trust

Patience

Non Striving

Gratitude

Generosity

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Let's do another
One
😊

And another one

And Now ?

Self-care Practice : STOP

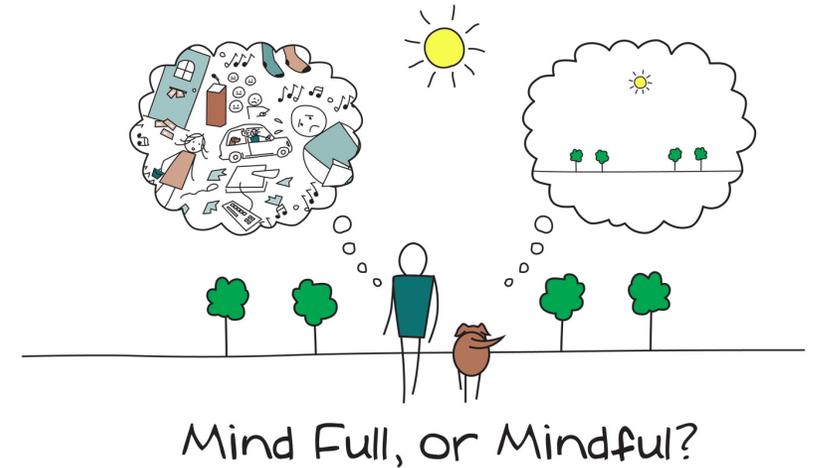
3 times a day

S = Stop

T = Take a few deep breath

O = Observe – emotions – thoughts – bodily sensations

P= Proceed



Creating space in the day to stop

Daily Routine

Formal Practice

Meditate : 10 minutes per day by yourself or with a group or start an MBSR program

Informal Practices

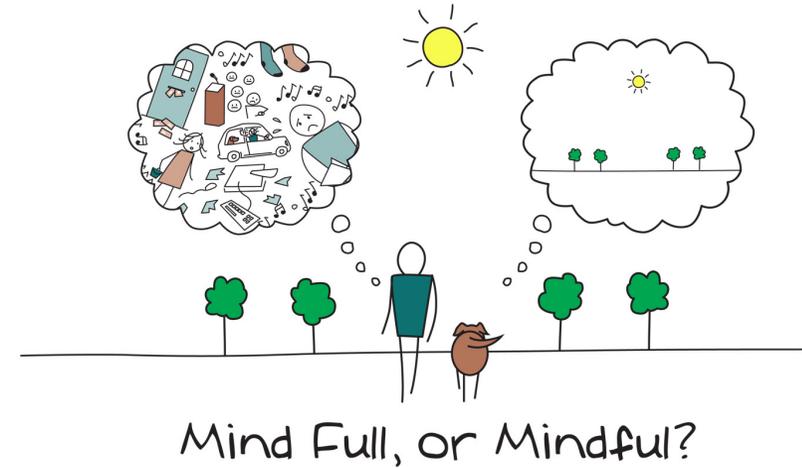
Everyday routine (shower, brushing teeth..)

Mindful eating

Gratitude

Share 3 positive things everyday

Have fun!



“Be patient toward all that is unsolved in your heart and try to love the questions themselves,
like locked rooms and like books that are now written in a very foreign tongue.

Do not now seek the answers,
which cannot be given you because you would not be able to live them.

And the point is, to live everything.

Live the questions now. Perhaps you will then gradually, without noticing it, live along some
distant day into the answer.”

Rainer Maria Rilke – Letter to a young poet



“ The only thing we are sure to fail is the one we don't try “
Paul Emile Victor

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Thank You