Mindfulness

Level: Beginners
Location: Metaforum (MF.0.9)
Price: 90 euro
Number of lessons: 8
Period: Quartile 2 & 3
Day & time: Tuesday, between 17h00-22h00
Equipment: Comfortable clothes, pen and paper

Mindfulness is a meditation- and skills training. You learn to focus your attention on the ‘present’, without any judgment, without any specific goal, without desiring any change in the present. By learning to focus your attention on the ‘here and now’, you can experience the many advantages of mindfulness. For instance you will notice that after a while your concentration will improve, you are less likely to get carried away by negative thoughts and you are more conscious of the beautiful aspects of life.

This course will be provided in English and Dutch.

* If there are not enough participants, the SSC can decide to cancel the course.