

THE 5-DAY CERTIFIED INTENSIVE MBSR COURSE

BY SENIOR TEACHER, MR. AMIR IMANI

„YOU CAN'T STOP THE WAVES, BUT YOU CAN LEARN TO SURF”

- DR. JON KABAT-ZINN -

Are you a manager, a teacher, a doctor, a psychologist or a professional in the helping sector and are looking for an efficient tool to be even better in your profession?

Or do you simply find you ...

- struggle with disturbing thoughts and emotions, occasionally for no reason?
- are unable to sleep at night because you analyze past or possible future events?
- have recently experienced stress, anxiety, or tiredness or have been dealing with chronic pain?
- find it sometimes difficult to focus and feel agitated & restless?
- seek a deeper inner sense of peace and well-being?

Many people feel that way. As we must cope with a fast-paced, stressful and demanding world, our busy lives get accelerated, and under growing pressure, we can sometimes feel overwhelmed. The MBSR program will teach you how to develop your innate resources and learn new skills to tackle life problems - physical, mental and emotional and to find greater balance, inner peace and well-being.

MBSR is highly respected within the medical community. Offered as a complement to traditional medical and psychological treatments, it is proven to be effective in helping to treat conditions such as asthma, coronary artery disease, eating disturbances, fibromyalgia, depression, anxiety, chronic pain, sleep problems, family and work stress, ... For journal articles and citations on the benefits of mindfulness practice, [VISIT THIS PAGE](#)

This 5 Day MBSR Intensive course is based on a standard international 8-week Mindfulness Based Stress Reduction Program (MBSR) developed by Dr Jon Kabat -Zinn offered for those who may not be able to participate in the traditional 8-week course. The program consists of 5 days (28 hours) of highly experiential, participatory & structured tuition.

Completing this course fulfills the first requirement of acceptance into the MBSR Teacher Training Program world-wide.

Participants will be issued a certificate of completion by the Centre for Mindfulness India, a recognized mindfulness centre of excellence by CFM/UMASS, Eventslist group, and other mindfulness centers internationally .

ABOUT MBSR

The Mindfulness Based Stress Reduction Program (MBSR) was originated at the University of Massachusetts's Medical School by Dr. John-Kabat Zinn. Since its beginning, more than 22,000 people have completed the Mindfulness-Based Stress Reduction Program with the University of Massachusetts and learned how to use their innate resources and abilities to respond more effectively to stress, pain, and illness.

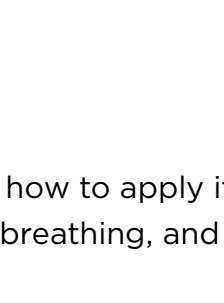
It has been taught in USA, Canada, and Europe for more than 40 years in more than 800 centres worldwide to groups as diverse as healthcare professionals and doctors, psychologists, corporate employees, CEOs, educators, attorneys, judges, correctional staff, prison inmates, members of the clergy, Olympic and professional athletes, coaches and other professionals in helping sector. Because MBSR helps people make better judgments in life, courses are now being offered to employees by big companies such as Apple, Google, General Mills, Boeing, and Harvard Business School, among others.

ABOUT THIS 5-DAY CERTIFIED MBSR INTENSIVE COURSE

Happy Heart and Prague Training Academy have the honour and privilege to host the fully certified Mindfulness Senior Teacher , Mr. Amir Imani. Amir has kindly accepted to visit us from the Himalayas to deliver this unique certified course in Prague.



- The course will teach new ways to handle our body sensations, thoughts and emotions.
- It develops skills that make us better equipped in taking care of our wellbeing, and managing stress and adversities more effectively - be they physical, mental, social or emotional.
- We discover new ways to cope better with existing conditions, difficulties, pain or suffering



1ST DAY:

What is Mindfulness? Theory and evidence of mind-body medicine and how to apply it in our life. You'll be experientially introduced to mindful eating, mindful breathing, and the body-scan method.

2ND DAY:

Practice of several distinct yet interrelated mindfulness practices. We will practice mindful hatha yoga, sitting meditation, and walking meditation. Learning about Stress and experience mindful strategies for responding in positive and proactive ways to stressful situations.

3RD DAY:

Recognizing unhealthy patterns and disarming them. Responding instead of Reacting, exploration of the effect of reactivity in health and illness. Focus on transformational coping strategies. Stressful Communications: growing awareness of emotions.

4TH DAY:

Full Day Silent Retreat - guidance and assistance in firmly & effectively establishing the use of MBSR skills across multiple situations in life.

5TH DAY:

Lifestyle choices. Using non-judgmental mindfulness in our self-reflection and decision-making processes. Complete review of everything we have learned over the course. Honoring both the end of this program and the beginning of the rest of your life.

“MINDFULNESS PROVIDES A SIMPLE BUT POWERFUL ROUTE FOR GETTING OURSELVES UNSTUCK, BACK IN TOUCH WITH OUR OWN WISDOM AND VITALITY.

THE MOST IMPORTANT POINT IS TO REALLY BE YOURSELF AND NOT TRY TO BECOME ANYTHING THAT YOU ARE NOT ALREADY. BEING IN TOUCH WITH YOUR DEEPEST NATURE, AND LETTING ITFLOW OUT OF YOU UNIMPEDED”

- DR. JON KABAT-ZINN -



REGISTRATION:

Before applying you should know:

- Attending the workshop requires a certain degree of openness, curiosity and determination. You need to be willing to attend group sessions which include frequent silent meditation practices, dyads, and group discussions.
- The workshop is in English language.
- We will ask you to strongly limit using your mobiles, computers, and electronic devices throughout the workshop. We also encourage you to learn by experiencing, instead of taking notes.

ABOUT THE TRAINER



AMIR IMANI

holds a Master's degree in Counseling and Adult Education from University of Toronto, Canada. He worked in mental health research at the Department of Psychiatry of University of Toronto, and studies and practices the effect of mind-body integration in mental health and balanced living since the year 2000.

He has undergone MBSR Teacher Training Program at the Centre for Mindfulness in Medicine, Health and Society at the University of Massachusetts Medical School, and has been teaching MBSR to different groups including Mindfulness trainers, corporate staff and executives since 2005.

Through his personal and professional interest in body-mind medicine, Amir has trained with Dr. Jon Kabat Zinn himself, creator of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School, and creator of the Mindfulness-Based Stress Reduction program (MBSR).

Amir has also trained with pioneer leading teachers including Joseph Goldstein and Larry Rosenberg. He is the Co-founder/director of the Indian based Omega Wellbeing, founding director of the only hospital based MBSR program in the Middle East region, and senior certified mindfulness teacher at UMASS Medical School.

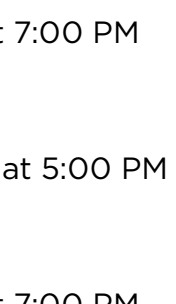
Amir lives with his family in the Himalayas, but travels all over the world, holding workshops and retreats all over the world for public and private organizations, such as UNFPA, IBM, University of Madras, ...

ABOUT THE VENUE OF THE EVENT

DONSKÁ 275/9
101 00 PRAGUE 10 - VRŠOVICE

TIMETABLE OF THE EVENT

Saturday June 22, 2018:
we start at 2:00 PM and end at 7:00 PM



WHAT TO BRING WITH YOU

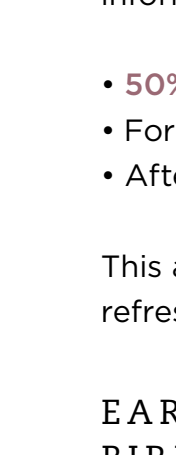
- Please bring your yoga mat with you.
- For seated meditation exercises, you want to be as comfortable as possible, so tight-fitting clothes are not always helpful. A loose-fitting clothing will allow you to sit for an extended period without being distracted by too-tight clothing.

Sunday June 23, 2018:
we start at 2:00 PM and end at 7:00 PM

Monday June 24, 2018:
we start at 2:00 PM and end at 7:00 PM

Tuesday June 25, 2018:
we start at 09:00 AM and end at 5:00 PM

Wednesday June 26, 2018:
we start at 2:00 PM and end at 7:00 PM



REGISTRATION:

PRICE:

15.000,- Kč / person - payable in advance
Because of the exceptional character of this visit from abroad, we would like to kindly inform you that the cancellation policy is as follows:

- 50% of the participation fee is non-refundable.
- For a 50% refund of participation fee, the cancellation must be made by 18th of May 2019.
- After 18th of May 2019, the participation fee is not refunded.

This amount includes the 5 day Intensive certified course fee in a beautiful setting, nice refreshments and lunch on Tuesday.

EARLY BIRD: In case of serious interest and payment in advance before April 26th, 2019, an early bird price is offered at 12.500,- Kč / person.

PAYMENT METHOD:

All payments must be done in advance by bank transfer to Happy Heart z.ú. bank account

Name of organisation:	HAPPY HEART, z.ú.
BANK account number:	115-2831520217/0100
IBAN:	CZ570100001152831520217
BIC / SWIFT code:	KOMBZPPXXX

Upon completing the registration form, you will receive an email with confirmation of the information entered, registration number (###) and payment indications. Please follow the instructions and use the bank account indicated here and in the email.

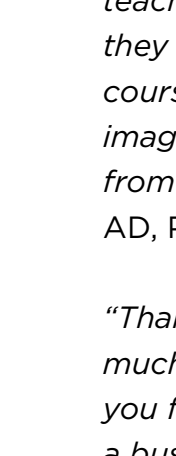
The payment reference of the money transfer (variable symbol) should be your registration number (###).

Upon receipt of the registration and the corresponding payment, Happy Heart z.ú. will send an invoice to the participant which also serves as a confirmation.

CANCELLATION OF YOUR REGISTRATION:

In case of cancellation, please notify Happy Heart z.ú. in writing only, at: info@happyheart.cz, sending your exact bank details with the written cancellation.

In case of applicable refunds, they will be processed within 7 working days.



REGISTRATION:

TESTIMONIALS

“I would love to thank you indeed for inviting me to your and Amir's Mindfulness workshop! It was for sure one of the Best investments and meaningful time spent in my life! Thank you for great time together and enriching my being!! wish everyone could have a chance to participate at least once a life!”
David Petru Managing Director HILL Woltron Central Europe

“I approached this course with certain expectations and I am delighted to say they were all completely blown out of the water! Don't think that this course will be an easy ride but it will be one that you will never forget. Amir is a wonderful Mindfulness teacher and a wonderful human being. He has a gentleness about him that is so infectious. He teaches you relatively simple techniques in regards to mindfulness but don't be fooled, they are not easy to do. There course has an intensity about it but if you follow the course and the homeworks you will experience insights that you never would have imagined. I am recommending this course to everyone because we all could benefit from some mindfulness in our daily lives.”
AD, Prague

“Thank you for bringing Amir and MBSR to Prague. It was very intensive days with so much learning, value and lots of opportunities to expand and practice mindfulness. I am you forever grateful for convincing me that this was a good course for me to attend. As a business leader MBSR is extremely helpful in a hectic environment. So a heartfelt thank you from me.”
Monika Hilm, Regional Lead Vienna House Czech Republic

“Having read the “Full Catastrophe Living” book many years ago, I was looking forward the opportunity to explore Jon Kabat-Zinn mindfulness program in depth during this unique 5 days Intensive course. While meditation and mindfulness have become mainstream these past few years, breathing, meditating and becoming aware of our feelings and sensations for 5 consecutive days on a deeper level proved to be quite challenging and confusing at time. Luckily our teacher, Mr. Amir Imani managed to make the whole experience pleasurable and meaningful at the same time. In addition, the kindness and openness of the participants allowed everyone to feel welcome and supported when we needed it the most. A truly memorable and valuable training which I highly recommend.”
KGL, Prague

“I am very happy and grateful to attend the MBSR with Amir Imani. I have discovered so many hidden and unreflected emotions and thoughts. The MBSR was excellent and Amir Imani is brilliant and responsive guide. Thank you very much and I am looking forward to some follow-ups.”
Zuzana R., Prague