Transformative Mindfulness: Using the Power of your Mind for Self-Healing with Dekyi-Lee Oldershaw

TRANSFORMATION MINDFULNESS provides simple and gentle methods that help manage and reduce physical pain and mental suffering. They gently get to the root of physical and emotional challenges then transform them compassionately.

These techniques can help to quickly shift anxiety and reduce symptoms through understanding and eliminating underlying psychological conditions and causes contributing to health issues. Anyone of any age, physical condition, social culture and tradition can learn to use these universal methods to help themselves and those they care about – from parents for their children to youth facilitators, complementary therapists, teachers and doctors.

The course is aimed at individuals and also professionals in all areas and are especially recommended for those working in the health, social services, corporate wellness and education fields.

Dekyi-Lee Oldershaw has more than 20 years of experience as a practitioner of meditation, seven of them as a Buddhist nun, and more than 20 years facilitating and training youth, parents, healthcare professionals, social services and education professionals in 13 countries.

Dekyi-Lee is an Associate Professor for the Masters Program in ‘Meditation and Mindfulness: Neurology and Clinical Application for Healthcare Professionals’ at the University of Florence and co-author and international trainer of ‘The 16 Guidelines for Life’. She is also founding Director of ‘The Centre for Compassion & Wisdom’ in Canada and member of the Board of Directors of ‘The Foundation for Developing Compassion and Wisdom’, UK. She consulted the palliative care team at McMaster Medical Centre in Canada, and created program for the cardiac rehabilitation unit of St Andrews Hospital in Brisbane, Australia. Research using these methods with acute migraines begins at the University of Florence this spring.

“Transformative Mindfulness adds new dimensions to existing mindfulness-based treatment programs in relation to understanding and working with painful experiences in both body and mind." - Tine Norup Lauridsen, Psychologist, Copenhagen, Denmark

**Program delavnic**

**Odpravljanje notranjih konfliktov**

Datum: Torek, 24. april Ura: od 18.00 do 20.00

Kje: Vodnjak Znanja, Celovška 61, 1000 Ljubljana

**Intenzivna celodnevna delavnica – POSEBNA PRILOŽNOST, da spoznate celoten sklop metod za preoblikovanje težav v različnih situacijah**

Datum: Torek, 25. april Ura: od 10.00 do 17.30

Kje: Šiška, v območju LPP, ob prijavi vam bomo sporočili točen naslov

Dodatno: To delavnico bomo organizirali v primeru, da bo prijavljenih vsaj 5 oseb.

**Preseganje notranjih omejitev za razvoj pozitivnih lastnosti**

Datum: Torek, 25. april Ura: od 18.00 do 20.00

Tisti, ki se bodo udeležili celodnevne delavnice, se lahko brezplačno udeležijo tudi tretje delavnice.

Kje: Šiška, v območju LPP, ob prijavi vam bomo sporočili točen naslov

**Prispevek za udeležbo:**

2-urna delavnica: 20 EUR, intenzivna celodnevna delavnica: 80 EUR, vse tri delavnice 95 EUR. Prispevki so namenjeni izključno kritju stroškov organizacije dogodka. V primeru finančnih težav nam to brez oklevanja sporočite, saj denar ne sme biti omejitev za udeležbo na srečanjih.

**Prijava:** Za prijavo na delavnico in dodatne informacije pišite na mail **chagnapemo@gmail.com** ali nas pokličite na **040 573 571**. Zadnji rok za prijavo je18. april 2012.