General information

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.

Location: Metaforum

Starting dates: 3 times a year.

Duration: 120 minutes per week for 8 weeks.

Schedule: Tuesday between 17h00-22h00 times will be change every period.

Materials: course book and/or cd will be provided for by the SSC.

Clothing: comfortable clothing

Goal: learning to focus your attention on the ‘here and now’.

Costs: €90,-

Registration procedure: You can register by going to our website, log in and go to ‘course registration’. Registration is valid as soon as your payment has been processed. It’s possible that the processing of the payment takes some time. When the system signs you out you can register again. The course will take place when there are enough participants. When during signing up you see ‘Not open yet’, please contact Miss Manon van Lint: ssccursus@tue.nl

Extra:
Scientific research says that mindfulness is an effective method when facing psychological complaints like stress, tension, restlessness, fatigue, sleeping disorders, fear and depressive periods. The training also improves the well-being of people without complaints!

You will be given some exercises and assignments as homework (approximately 30 minutes per day), which form an important part of the course.

For questions about the course, you can contact Miss Manon van Lint, coordinator courses: e-mail: ssccursus@tue.nl  tel: 040-247 5002