

Mindfulness Stress Reduction Program



PEACE OF MIND

"If it's out of your hands, it deserves freedom from your mind too."

Ivan Nuru

Are you seeking to promote spirit culture, philosophy, meditation, and values such as contentment, universal compassion, and mental calmness?

You are so close!

The Professional Training Center of Saint Joseph University of Beirut is launching the **Mindfulness Training Program for 2021-2022**

live on Zoom platform.

By the end of the course, you will be able to:

1. Identify the basic theoretical foundations of mindfulness and the mechanisms behind its effectiveness.
2. Gain practical experience about the techniques of Mindfulness-Based Stress Reduction (MBSR) practice.
3. Develop a personal mindfulness plan for your practice at home and work

Mr. Daoud Matta, *President of the LAM Association.*

Mr. Matta holds a Master's degree in mindfulness-based approaches from Bangor University, UK. He is a Sloan Fellow at the London Business School with a Master's degree in Leadership and Strategy.



Schedule:

Tuesdays

February 1, 8, 15, 22

March 1, 8, 15, 22

from 6pm to 8pm (Beirut time)

Fees per participant: 800,000 LBP.

[Register here](#) »

Upon the registration to the Mindfulness sessions, every participant will benefit from 3 months registration for free in the Mindfulness Club of USJ.