

## MINDFULNESS MEDITATION TRAINING

EIGHT TWO-HOUR SESSIONS - Wednesdays 18:00 to 20:00

10 February to 30 March 2016 or

3 August to 21 September 2016

Limited to 30 delegates



UCT Law @ work

Professional Development Project

**The Professional Development Project is pleased to present an eight-week mindfulness based living course. The course emphasises experiential learning, which is the recommended way to learn to develop mindfulness practices in order to incorporate them into daily life.**

### ABOUT THE COURSE

Mindfulness is training in the science of mind, looking at how the mind works, how to focus and pay attention, and how to deal with inner-conflicts of stress and difficult emotions.

In essence, mindfulness helps to regulate the brain and the nervous system allowing one to calm down and pay attention to whatever one undertakes. The success of one's endeavours depends on the person's level of mindfulness.

**Neuroscience has uncovered how mindfulness meditation transforms the structure and function of the brain after an eight-week training program. Mindfulness practice is associated with changes of specific brain areas that are essential for attention, learning and regulation of emotion. Harvard neuroscientist Sara Lazar found that enlarged areas of the pre-frontal cortex, the area of the brain that is linked to happiness and higher executive functioning, are activated by mindfulness meditation. Benefits of mindfulness meditation, namely increased calm, decreased stress and increased attention, have been traced to actual neural changes in the brain. For more information on this field, see *De Rebus*, August 2013.**

### WHO WILL BENEFIT FROM THIS COURSE?

The course will benefit anyone wanting to cultivate stability, clarity and focus, and reduce the inner-stresses of working life.

One of the major causes of distraction and mental stress is due to the mind's unintentional habitual tendency to ruminate about the past and worry about the future. Mindfulness training is a way of bringing awareness to the moment by moment experience of living, realising that, in each moment, we have a choice as to what we think and how we act. It affords us the opportunity to go from a reactive mind state to a more thoughtful responsive state.



Mindfulness can help to reduce stress, prevent burnout, build mental resilience and sustain a sense of well-being. In terms of healthcare, mindfulness is now recommended as the foremost treatment for stress and depression.

In education, mindfulness is taught worldwide at many prominent universities, promoting cognitive and academic performance by increasing attention, memory and enhancing learning capability.

## COURSE OUTLINE

Participants will be taught progressive skills in mindfulness through presentations, guided practices and enquiry sessions.

Week 1	Introduction to mindfulness and neuroscience
Week 2	The body as a place to stay present
Week 3	Introducing mindfulness support
Week 4	Working with distraction
Week 5	Exploring the undercurrent of thoughts
Week 6	Working with the Observer and cultivating an attitude of self acceptance
Week 7	Our brains' emotional regulatory systems and compassion training
Week 8	A mindfulness-based life

## COURSE PRESENTER



**Jenny Canau**, BA (Wits) LLB (Wits) LLM (RAU) is a former attorney and law lecturer having specialised in the area of human rights law. She is currently a Director of Mindfulness Africa, an association of mindfulness practitioners founded and developed by international meditation teacher Rob Nairn. Jenny is currently pioneering mindfulness training with educators and teachers, with a focus on developing mindfulness curriculum for children from kindergarten to high school. She is also pioneering the development of mindfulness training for aspirant judges and magistrates with the South African Judicial Education Institute (SAJEI).



## REGISTRATION DETAILS

- Programme and venue information:** Signing in will commence at 17:30 on the first Wednesday of each course.
- Thereafter, each session will start at 18:00 and end at approximately at 20:00. Instructions regarding the programme and directions to the venue will be sent to you electronically a week prior to the start of the course.
- Award of certificate:** A certificate of attendance from UCT will be issued to those who attend all eight sessions. Please ensure that you sign the attendance register every day.
- Course fee:** R5,000 per delegate. The fee includes parking and course materials.
- Closing date for registration:** One week prior to the course.
- Registration and enquiries:** Please contact the Professional Development Project:  
Paula Allen on 021 650 5558  
Andrea Blaauw on 021 650 5413  
**Fax:** 021 650 5513  
**Email:** ursula.lottering@uct.ac.za / andrea.blaauw@uct.ac.za / irena.wasserfall@uct.ac.za  
**OR visit our website to download the registration form:**  
[www.lawatwork.uct.ac.za](http://www.lawatwork.uct.ac.za)

### Physical address

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