

Teacher Testimonial

"The Mindfulness Based Stress Reduction Programme for Transition Years has provided our students with valuable life skills, greater self awareness, a sense of inner peace, control and confidence. I warmly recommend this life-enhancing programme"

Elaine Kelly Conroy, SPHE Co-ordinator, St. David's Secondary School, Greystones, Co. Wicklow

Student Testimonials

All adults should do this programme

It was very beneficial because now I know how to get into a relaxed state very easily which will help me throughout my Leaving Cert. It was a brilliant experience that will stick with me for life.

I really enjoyed it and I hope future TY groups will as well. The daily meditation really helped me relax and sleep much better.

It was an amazing experience that everyone should try and it is really relaxing.

I really enjoyed the programme, it was one of my favourite courses we did.

I think it was very beneficial to everybody and taught us a lot about being mindful.

It has been an enjoyable and memorable experience that I will use for the rest of my life.

Really, really enjoyed it and am very grateful for the chance to experience it.

I feel it has helped me become a more relaxed and contented person.

Course Facilitator

Anne Twohig participated in a training programme in America under the direction of Dr. Jon Kabat-Zinn, founder of the MBSR programme, at the University of Massachusetts Medical Center. Anne facilitates MBSR Programmes for both adult and adolescent groups and individuals.

Anne's interest and training in natural healthcare spans a 25 year period. She has over this time developed an in-depth understanding and appreciation of how awareness and personal development has a direct impact on our well being and ability to cope with life's experiences.

Having witnessed the positive results of Mindfulness Meditation and deep relaxation first hand, Anne believes that Transition Year students will benefit from experiencing MBSR and learning an invaluable life skill to support them prior to their college and/or working years.

"The Mindfulness Based Stress Reduction Programme is a non-evasive, evidence based course providing the skills needed to develop appropriate mechanisms for managing life's stressful situations. Such management can promote a more whole and healthy way of life"

Dr. Tony Bates, C.E.O. of Headstrong, The National Centre for Youth Mental Health.

Mindfulness Based Stress Reduction

A Programme for Transition Year Students

The Art of Mindful Living

Course Facilitator

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For further information contact

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What is Mindfulness Based Stress Reduction (MBSR)?

MBSR is a programme to develop an awareness of the sources of stress. Using a variety of mindfulness meditation, relaxation, breathing exercises and the seven founding principles of Mindfulness, students learn how to recognise and manage stress.

What is Mindfulness?

Mindfulness is paying full attention to the present moment.

What is Mindfulness Meditation?

Mindfulness meditation is a way of developing present moment awareness and cultivating mindful-living in all areas of life.

•What is the Programme?

The programme is based on the work of world renowned Dr. Jon Kabat-Zinn. He developed the MBSR Programme at the Center for Mindfulness at the University of Massachusetts Medical School thirty years ago. His programme is now used successfully world-wide.

Anne has adapted the original eight-week adult programme specifically for Transition Year students.

There is an introductory session and our programme is run over a four-week period. This includes a weekly three-hour session and a personal daily meditation practice. The schedule will coincide with the school timetable.

Each student will receive an educational CD in mindfulness meditation, relaxation techniques, breathing and body movement exercises.

•What are the aims & benefits of the MBSR Programme?

Aims

- To equip TY students with an understanding of what gives rise to stress
- To introduce a proven method used to develop self-esteem
- To show how using the MBSR programme provides the tools for mastering life's challenges
- To introduce the seven founding principles of Mindfulness

Benefits include

- Valuable life skills for developing emotional well-being
- Improved observation, listening & communication skills
- A healthy sense of confidence & greater calmness
- Helping young people reach their full potential