



PH-E 01

Mindful Parenting – For Parents and Caregivers

(Based on the Mindfulness-Based Stress Reduction (MBSR) program by Jon Kabat-Zinn)



DEUTSCHE
INTERNATIONALE
SCHULE
JOHANNESBURG

Facilitated by Katja Fleck, German Diplom-Psychologist, Post Grad. Certificate: Mindfulness Based Interventions (US/ IMISA)

In order to love, you need to be at home in yourself.

Parenting in today's world can be a hectic undertaking – a crazy whirlwind of never-ending activity composed of running kids around, helping with homework and spontaneously dealing with whatever the day happens to throw at us. It's no wonder that we tend to lose sight of the being when we are so busy doing. Wouldn't it be great if we could remain calm, focused and in control within the barrage of daily demands? To have an anchor which could ground us in our hectic moments and help us face the demands of being a professional, a parent, a partner, a friend...?

In mindful parenting we start with looking inside. We will explore our values and how they might stand in contrast to the judgements and thoughts which we take on board every day, possibly without even realising it. We will learn to observe the world around us with clarity and openness and to develop more compassion for ourselves. This will help us gain new perspectives about our lives and our place in the world. Which, in turn will lead us to become more grounded and centred in all of our interactions, including those with our children. Once you have developed your own mindfulness practice, you might want to bring mindfulness into your family. You can invite your children to explore a mindfulness practice to help them foster calm, focus, and an open and curious attitude to life and its myriad wonders and challenges.



Goals of the course

The reasons you want to explore mindfulness will be unique and you will also have your own unique goals. We will discuss these together in the beginning of the course. My Goals are to introduce you to mindfulness, to create a space for you to experience this wonderful and powerful way of being in the company of likeminded people and to support you in learning to parent from the inside out - with mindfulness.

Course content includes exercises for mindful breathing, to create an awareness of the body and sensory input and to explore thoughts, feelings and emotions from a mindful perspective: including self-reflection exercises, stories and poems. You will also receive exercises to complete at home to help you to integrate mindfulness and mindful parenting into your everyday life. We will look at some games and exercises to encourage mindfulness in children.

Times and Dates: Thursdays, 18h30-20h30; start: 25.04.2019 (8 sessions) (you should at least be able to make 6 sessions)
Plus a silent retreat day on Saturday, 01.06.: 8h00-13h00

Language: English

Number of participants: 4 – 8

Fee: R 1500 (with 6+ participants the fee will be R 1300)

Please contact me UNTIL 10.04. to talk about your expectations for the course and to see if the outline of the course will work for you at this point in your life. Mobil: 0724947256; foerderzentrum@dsjmail.co.za

More about IMISA: <http://www.mindfulness.org.za/>

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Anmeldung – Enrolment

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Name / Name

Tel. No. / Cell or Tel. no. **E-Mail**

Please note: Enrolment is binding. Payment has to be settled in advance.

Unterschrift / Signature