

2 Mindful expats by Veluvana

PROGRAM



Hola, we are Miriam and Nuño, and we designed this course as a refuge where expats such as yourself can connect mindfully and start **experiencing life fully, finding joy and purpose**.

This course offers you a starting point for learning practical, everyday mindfulness skills, supported by a loving and caring community of fellow expats and practitioners.

We strongly believe that having support is key for establishing a new routine, especially when you live far from home. Adding to this, a commitment to the practice will be essential to bring forth the results of this course.

Course structure

- Duration: 6 weeks
- Starting: Wednesday 28th October 9.00 am (South African Time)
- 2h Zoom meeting, once a week with facilitators and participants. Assistance is highly recommended for obtaining the highest results of it. In any case, sessions will be recorded.
- Extra material: one short instructional video per week, and other suggestions available on the Veluvana Campus. Available at any time on your favourite device.
- The course allows a maximum of 20 participants. The community will be open for questions, answers and sharing during the 6 weeks on a closed WhatsApp group (only the participants of each group will have the possibility of joining. It is highly recommended to join, but always optional).
- Access to the exclusive 2 Mindful Expats meditation cloud.

Program

Practices during the course:

- Body scan
- Mindfulness of breathing
- Awareness of sounds, thoughts and emotions
- Choiceless awareness
- Self-care practices (detailed in the course outline)

Session 1. Preliminaries. The Foundations of Mindfulness

- Preliminaries: what are we going to learn and experience during these weeks together.
- What mindfulness is not
- Working on the definition of mindfulness (by Jon Kabat-Zinn).
- Caring for myself living far: noticing the pleasant.

Session 2. Present moment awareness.

- The two mental modes: Being mode Vs Doing mode.
- Noticing reactivity on our life abroad.
- Distraction.
- Triangle of experience: feelings, sensations and thoughts.
- Caring for myself: patience, kindness, persistence.

Session 3. What is stress for an expat?

- Stress response.
- Learning to regulate on our daily life.
- Sympathetic and parasympathetic system.
- Caring for myself: taking a mindful pause

Session 4. Non-judgement.

- Distraction and rumination
- Negative bias of the brain
- Seeing thoughts at thoughts
- Caring for myself: noticing the inner critic + bringing a friendly voice in the language of your choice

Session 5. Approaching difficulty far away from what it is familiar.

- Allowing and turning towards what's difficult
- Patterns of reactivity
- The traffic of the mind: taking a step back (metacognition).
- Caring for myself: lowering the bar + identifying hidden needs (are they part of my culture? or my own needs?)

Session 6. Going beyond the course: integrating mindfulness on my daily life.

- Learning review.
- Appreciative breathing.
- How to keep this practice for the future.
- What Veluvana Institute offers you for the future: keep connected with your mindfulness tribe

Cost: Eur 295 (Early Bird until 15th October: Eur 250)

Payment can be made with credit card or through Paypal: paypal.me/veluvana.

Your booking with us will be confirmed after a telephone interview and once we have received proof of payment.

Please, feel free to ask for more information to **Miriam Iparraguirre**
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