

MIND TRAINING

Foundational Principles of Mindfulness

3-week program
2-16 February 2019

Train your mind to transform your life and achieve your personal and professional goals. Consisting of three modules, the Mind Training program is based on the foundational principles of Mindfulness, Neurolinguistic Programming and positive psychology methods to learn skills to train and control the mind in order to have better focus, manage emotions and stress, and achieve the life you want.

Module 1: Mindfulness 101:

- Week 1 - Attention Revolution. Introduction to Mindfulness and understanding awareness; learning to become more focused.
- Week 2 - The Monkey Mind. Learning how to deal with your thoughts and worries.
- Week 3 - Applications of Mindfulness in daily life for success.

Module 2 and 3 focuses on Emotional Management & Transformation and creating a life of happiness.

Individual coaching sessions are available with Joelle.

- 🍃 **Date:** Saturdays 2, 9 and 16 February
- 🍃 **Time:** 4-6pm
- 🍃 **Investment:** AED 995 (Early bird: 10% off until 31 January)

All prices are inclusive of VAT.

Book your place by emailing
info@bodytreestudio.com
+971 2 4434448 www.bodytreestudio.com

Joelle Beyrouthy is a mindfulness and meditation facilitator, a certified Neurolinguistic and positive psychology life coach. She studied Tibetan Buddhism with renowned teacher such as Dr. Lama Alan Wallace. She is passionate about sharing this ancient wisdom. In her Mind Training program Joelle brings together the ancient wisdom of eastern philosophies with positive psychology and neuroscience to address people's common life problems and limitations and find lasting fulfillment and harmony in their lives.



the body & mind company
b.m. co.

