

# Mindfulness — Based Stress Reduction Course



## How to cope with stress, pain and illness using mindfulness meditation presented by Dr Annelie van Breda

- Mindfulness is a mind-body approach to life's experiences.
- It means paying attention to your thoughts, feelings and body.
- Mindfulness is a way of being to help manage stress and become more resilient.
- It has been shown to exert a powerful influence on health, wellbeing and happiness.
- Mindfulness is a practice.
- No experience in meditation is needed for you to benefit from this course.

### About Dr Annelie van Breda

Dr van Breda is a Psychologist with 30 years' experience in private practice and is currently practising in Mouille Point. She obtained her PhD in Psychotherapy from the University of Pretoria.

## 8-Week Course Details

### Dates and Times

Mondays, 5 Feb-26 March 17:00-19:30  
Saturday, 17 March 10:00-16:00

### Venue

Durbanville MediClinic  
45 Wellington Road, Durbanville

### Dates and Times

Mondays, 9 July-27 Aug 17:00-19:30  
Saturday, 18 August 10:00-16:00

### Venue

Durbanville MediClinic  
45 Wellington Road, Durbanville

## Bookings & Information

[drannelie@drannelievanbreda.co.za](mailto:drannelie@drannelievanbreda.co.za)

0861 2665 63

[www.bookme.co.za](http://www.bookme.co.za)

Annelie has been involved in the Mindfulness Movement since 2008 and offers regular courses in Mindfulness-Based Stress Reduction (MBSR). Dr van Breda uses Mindful Eating as a therapeutic model for disordered eating.

## Mindfulness-Based Stress Reduction (MBSR)

Do you have **work stress**?

Do you have **stress** in your relationships?

Do you find it difficult to **relax**?

Do you have a stress-related **illness**?

Are your **energy** levels low?

Are you **anxious**?

Do you find it difficult to **concentrate** and focus?

Do you have chronic **pain**?

If you have answered **yes** to one or more of the questions above, **you are sure to benefit from this course.**

We are surrounded by situations and events that place stress on our minds and bodies. **We do not live in isolation.** Work, interpersonal relationships, illness and energy-sapping routines all take their toll.

**The Mindfulness-Based Stress Reduction course teaches us how to live in the present moment,** without being judgemental. Learn how to slow your life down, live in the moment and become mindful in your everyday life. Through this, you can learn how to use your own resources to heal yourself.

We sleep, walk and live in automatic pilot mode most of our lives. We go through our daily activities totally unaware of what is really going on around us.

Instead of paying attention to the present moment, we allow our minds to dwell on the past and fantasize about the future.

## Mindfulness is living in the now.

Mindfulness is a simple and ancient practice of awareness: intentionally and non-judgementally in each moment.

**Mindfulness is a conscious approach to being in the present moment - an elevated awareness of your surroundings and yourself. It is a vivid perception of your choices, strengths and potential.** It is about empowering yourself and optimising your energy in order to live a balanced, healthier and better life, each and every day.



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