

Mindfulness, Compassion and Psychotherapy

Based on the Work of Cultivating Emotional Balance Trainings, this particular series of weekends deepens the experience of the role of mindfulness and compassion in the personal process. We will meditate together, in the Shamatah Style, we will learn about the emotions, its expressions and their role in personal healing and spiritual growth. We will see how to embody and live with compassion. We will hold a space for personal process work within the group context.

An interview is required to apply to this training.



February 11 & 12, 2017

First weekend

- Overview of the course
- Introduction to Shamatah
- Introduction to the Affective domains
- Characteristics of Emotions
- The Timeline of Emotions

March 18 & 19, 2017

Second weekend

- The Timeline of Emotions part 2
- Shamatah practice part 2
- Emotions part 1: Anger
- Management of Anger.
- Loving Kindness practice
- The Brahmaviharas practice.

April 1 & 2, 2017

Third weekend

- Emotions part 3
- More negative emotions understood
- Sadness, Disgust, Fear, Surprise
- Shamatah practice part 3
- The Four applications of mindfulness from the sacred texts-Satipattana



General Schedule:

From 10:00 to 13:00
and from 14:00 to 17:00
(including pauses)

May 20 & 21, 2017

Fourth weekend

- Shamatah practice part 4
- The enjoyable emotions
- What is your emotional profile?

June 10 & 11, 2017

Fifth weekend

- Sharpen your practice
- Review your lifestyle with the information received.
- Creating Equanimity - with MartinBubbers model.

Prices:

900 Euros per all 5 weekends if you pay in one single payment.

930 Euros in two installments of 465 euros each.
(first payment at enrollment, the second before the third weekend)

960 Euros in three payments of 320 euros each.
(first payment at enrollment, second payment prior to the third weekend and the third payment prior to the fifth weekend).

Payments: with Credit Card, Bank Transfer or Paypal.



Teacher: Enrique Arellano Farias natural healer and certified Body Psychotherapist, member of EABP, in practice for the past 20 years. He is a certified teacher of CEB.

He is married, father of two sons, lives and works in Barcelona, Spain.

www.enriquearellanofarias.com

*For more information
about the course and
reserve your place:*

Enrique: +34661249973
email: terapiaconenrique@gmail.com

Shinta Oosterval: +31638643739
email: shintaoosterwaal@gmail.com

Wouter Van de Ridder: +3124155587
email: wouter@itsjusttherapy.com



De Ruimte - Centrum Voor Bewustzijnsontwikkeling - Weesperzijde 79a - 1091 Ej
Amsterdam - tel. 020 69 34 578 / www.deruimteamsterdam.nl