Workshop Offerings in the Mind/Body Series

Currently offered Spring 2012:

Mind/Body Health: ABC’s of Mindfulness in Daily Living
The benefits of regular mindfulness practice have been well documented with increases in physical, emotional, and psychological well-being. An overview of practices and techniques to help you cultivate mindful awareness in daily living will be introduced through experiential exercises, discussion and application.

Offered in the Past:

Mind/Body Health: Introduction to Mindfulness Meditation
Mindfulness Meditation is a form of meditation researched and adapted for everyday living by Dr. Jon Kabat-Zinn. This class introduces the basic concept of mindfulness and teaches meditation exercises that can help increase awareness and reduce stress.

Mind/Body Health: Further Introduction to Mindfulness Training
Mindfulness training is a form of meditation adapted for use in everyday life. This workshop follows last fall’s training, by introducing various methods to increase one’s awareness and focus through stress reduction exercises and mindful meditation.

Mind/Body Health: Emotions and Your Health
Do thoughts and emotions affect our health? Science has shown that our mental state impacts our physical well-being. This class explores the critical link between the body and mind. Learn how to manage thoughts and emotions as a part of healthy living.

Mind/Body Health: Introduction to EFT for Emotional Health
Often called emotional acupuncture (no needles), the Emotional Freedom Technique improves overall health by resolving painful emotions and stress. With a practice focus, this introduction teaches you specific tapping/release protocols.
Mind/Body Health: EFT for Emotional Health Practice
With a brief into to EFT, this class will focus on learning and practicing EFT tapping protocols in greater depth for specific stress related problems. The introduction class is not required.

Mind/Body Health: Mindfulness and Food
Food and eating make up a large part of our everyday lives, governed by social, emotional and spiritual influences. For some, it is used to relieve stress and avoid difficult feelings. This class applies mindful practices to this important part of our lives.

Mind/Body Health: De-stress with the 7 Emotions in Traditional Chinese Medicine (TCM)
Got stress? Does it just keep piling up? The usual tools may not be enough. This class offers another view, taken from Traditional Chinese Medicine (TCM), to help you better understand and manage emotional issues to reduce your stress.

Mind/Body Health: Somatic Techniques
Stress and trauma can damage the nervous system, resulting in symptoms like anxiety, depression, headaches and additions. In this workshop, using Somatic Experiencing techniques, you’ll learn simple exercises to help you feel happier and more relaxed.

Mind/Body Health: Yoga for Your Lifestyle
Ever wondered what type of yoga is best for you? Learn how different styles of yoga affect various aspects of your life. Identify the best style for your personality, body type, health goals and lifestyle. Wear loose clothes and bring mat/large towel.

Instant Relaxation
During the lunch time presentation, learn and practice a variety of useful and immediately helpful deep breathing exercises, visualizations and simple office stretches that will leave you feeling more relaxed and energized!

Please click here to fill out this brief survey to let us know which workshops you would like to see repeated. Thank you.

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