

BREATHWORKS PROGRAM OFFERED BY BEIT MARIAM

MINDFULNESS FOR STRESS



WWW.BEITMARIAM.COM

ARE YOU SUFFERING FROM:



**STRESS ASSOCIATED WITH WORK,
FAMILY AND RELATIONSHIPS**



LOSE



CHRONIC GENERALISED ANXIETY



SOCIAL ANXIETY



DEPRESSION



FEAR

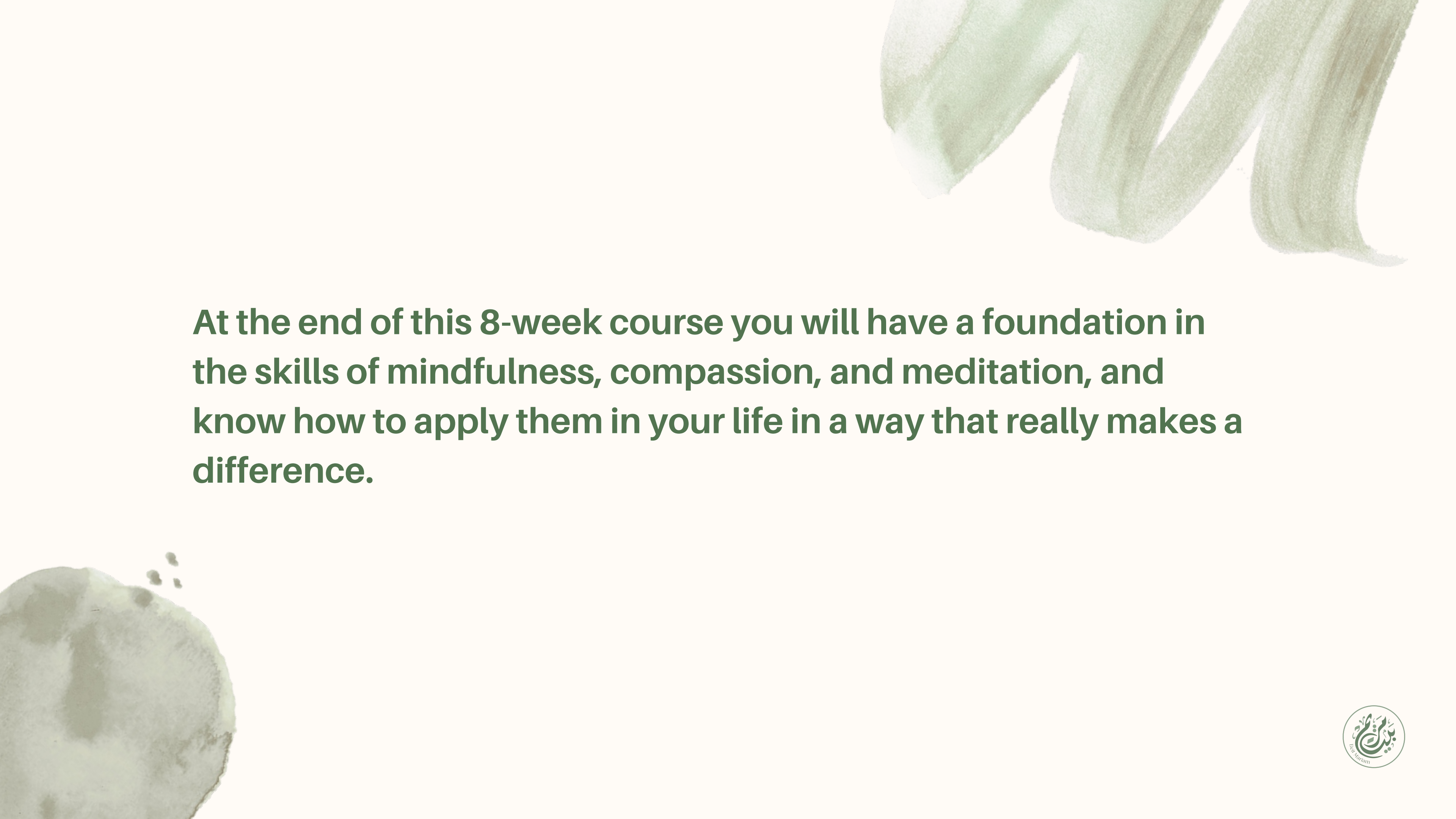


Happiness is a skill

*This is what the ancient practice of **mindfulness** teaches, and what modern psychology research has shown.*

The wonderful thing is that this skill, just like driving or dancing, can be learned, and it can stay with you for a lifetime.





At the end of this 8-week course you will have a foundation in the skills of mindfulness, compassion, and meditation, and know how to apply them in your life in a way that really makes a difference.



This program is designed to help you cope with stress, anxiety, fear and pain of lose. In times when you are in a such intense state, the program will teach you how to reduce your suffering so that you can begin living life to the full once again. It may not completely eliminate your suffering, but it will ensure it no longer dominates your life.

You will discover that it is possible to be at peace even when you go through stressful and difficult times.

MINDFULNESS practice is an ancient Buddhist meditation technique, and this program is built on Mindfulness meditation practice which has its roots in the ground-breaking work of Dr Jon Kabat-Zinn (The god father of Modern Mindfulness practice) who works in University of Massachusetts Medical center in USA.

It was also proven that mindfulness help in reducing anxiety, stress, depression, irritability & insomnia that can arise from chronic pain and illness.

BENEFITS OF MINDFULNESS MEDITATION

Mindfulness can reduce pain and emotional reaction to it.

Improve

- Mood & quality of life for people suffering from chronic pain conditions.
- Memory, creativity, attention span & reaction speeds, mental & physical stamina and resilience.
- Emotional intelligence
- immune system.
- Heart & Circulatory health by reducing blood pressure and lowering the risk of hypertension.

Reduce

- Level of anxiety, stress, depression, exhaustion and irritability
- Addictive and self destructive behavior, this include abuse of illegal and prescription drugs and excessive alcohol intake.

Enhance

- Brain function in areas associated with self awareness empathy, self control and attention, it soothes part of the brain that produces stress hormones and builds those areas that lift mood and promote learning.



WHAT MEDITATION IS NOT

- **MEDITATION IS NOT A RELIGION**, It is simply a form of mental training that has been proven in countless scientific trials to help people cope with pain, illness, anxiety, stress, depression, irritability and exhaustion.
- **MEDITATION WILL NOT TRICK YOU INTO PASSIVITY**, or resign you to your fate, on the contrary, mindfulness boosts mental and physical resilience.
- **MEDITATION WON'T SEDUCE YOU INTO ADOPTING FAKE "POSITIVE" ATTITUDE TO LIFE**
It simply creates a form of mental clarity that helps you to enjoy life and achieve your goal.
- **MEDITATION DOESN'T TAKE A LOT OF TIME**, In this program it takes around 20 minutes per day. In fact many people find that it liberates more time than it consumes because they spend far less time having to cope with chronic pain, illness and stress.
- **MEDITATION IS NOT DIFFICULT OR COMPLICATED**, It does require some effort, persistence and patience, you can meditate on anything anywhere, you just need to keep consistent practice.



INTRODUCING THE “MINDFULNESS FOR HEALTH PROGRAM”



[BREATHWORKS UK WEBSITE](http://breathworks.uk)



The **“Mindfulness For stress”** Program is a Breathworks UK program, it is offered over 8 weeks, each week 2 hours session (except for the first week will be 2.5 hrs session).

Every week we learn new concept and new meditation technique.

Each step will progressively soothe your suffering and settle your mind. Many practitioners find that their stress level and anxiety already started to soften from first week of the program, sometimes it can take a little longer. Any stress, anxiety, fear or depression you feel will gradually dissolve, leaving you feeling re-energized and whole once again if you commit to the practice.

Every week of the program is built upon centuries of wisdom. Mindfulness practice gains its power through repetition, so it is important to meditate for the recommended number of days.

Every week 2 main elements are presented:

- Meditation Program
- Habit Releaser

MEDITATION PROGRAM & SELF PRACTICE

TIME & DURATION

A minimum of 20 minutes/day, Ideally, your carry out twice a day every session 10 minute, It is best to practice 6 days out of 7. It's up to you when you do them, it's highly recommended to do it once in the morning & once in the evening.

Regularity is important, it cuts down procrastination and allow you to schedule your day more efficiently.

PLACE:

It is best to meditate in a pleasant and peaceful place, this can be as simple as a tranquil corner in your home, sitting down amid mess and clutter won't help to develop inner clarity. It will also be helpful to turn off your phone during your meditation and let others in your home know that you would like to remain undisturbed during your short periods of practice.

NEEDED EQUIPMENT FOR MEDITATION:

- Quiet space at home
- chair to sit on or a rug to lie upon or a meditation pillow/bench
- Possibly a blanket to place over your legs and feet to keep you warm.
- Speaker to play the guided meditation mp3.

HABIT RELEASER

Is the “Daily habit releasers” these progressively break down your negative habits of thinking and behaving. Habits can lock in place of substantial amount of pain, suffering, and stress so dissolving them enhances the effectiveness of the whole mindfulness program. Habit releasers are generally enjoyable to carry out and are designed to re-ignite your innate happiness and curiosity.

typical habit releasers consist of going to the park or observe the sky and the clouds, walking in nature or waiting for the kettle to fully boil before making a cup of tea or coffee (rather than rushing to switch it off), brushing your teeth....etc trying to do these with your full attention with full mindfulness awareness

A WEEK-BY-WEEK PROGRAM'S SUMMARY

MINDFULNESS FOR HEALTH PROGRAM

WEEK 1: MINDFULNESS: LEARNING TO CHOOSE (CHAPTERS 1 AND 2)

Much of our stress is exacerbated by our resistance to unpleasant experience, and what we resist tends to persist. So we are caught in a trap: the more we resist the more it persists! Mindfulness allows us to accept experience rather than reacting to it, which - paradoxically - allows us to let go of it. This lightens our load considerably, allowing us to get on with our life quite happily, even though it's not completely sorted. (And will it ever be?)

WEEK 2: COMING TO OUR SENSES (CHAPTER 3)

When we're stressed we naturally try to do something about it, and this usually entails thinking - problem-solving. The trouble with this strategy is that it doesn't work very well! In fact it's more often than not counter-productive. Thinking about our stress tends to keep us stressed! An important aspect of mindfulness practice is to pay more attention to our senses - body sensations, sounds, sights, tastes - which brings us back to our actual experience in the moment. This greatly reduces stress.

WEEK 3: WORKING WITH THOUGHTS (CHAPTER 4)

Thoughts are one of the main causes of stress, trapping us in a loop in which we try to solve our problems, while the very act of trying to solve the problem keeps us tied to the problem. But what to do? We can't just stop thinking! One of the skills you'll be teaching your students is noticing thoughts as they arise in the mind and letting them go. This is a liberating insight for people who attend the course.





WEEK 4: WORKING WITH DIFFICULT EXPERIENCES (CHAPTER 5)

Life, as you know, isn't easy. Financial worries, issues around the way we earn our living and with work colleagues, difficulties in our relationships with family and friends - who doesn't have them? Mindfulness doesn't make everything nice and smooth and easy. Rather, it enables us to develop skills and inner resources to cope better - in fact to flourish - in the midst of the sometimes difficult and messy aspects of life. Learning how to be with unpleasant, difficult experiences without allowing them to 'press our buttons' is a key skill that you'll teach your students.

WEEK 5: NOTICING THE GOOD THINGS (CHAPTER 6)

Not that life is unremittingly difficult either! There's pleasure, enjoyment, beauty and love out there too. When we experience some difficulty in life we have a tendency to focus on it, often to the exclusion of all else, and especially the good things that are happening. On this week of the course we encourage our students to widen their gaze a little and notice the small pleasures of life, which often go unremarked - the sun coming from behind a cloud and warming their face, a vase of yellow and blue flowers, a compliment from a friend, a job well done. We're not asking them to 'think positive', just trying to level the playing field. By noticing the good things and letting them affect us we're working against what neuro-scientists call the inbuilt 'negativity bias' in the brain.

WEEK 6: KINDFULNESS (CHAPTER 7)

In a way the word mindfulness gives a wrong impression. People often associate the mind with the head, with the brain, with cool, analytical thought. Mindfulness certainly isn't that. It's simply awareness, and not a cool and detached awareness either - it's warm, gentle, and kind. We emphasise this all the way through the course but in this week we bring it right into centre stage and introduce a kindness meditation.





WEEK 7: THE SOCIAL DIMENSION OF MINDFULNESS (CHAPTERS 8 AND 9)

When we're having a hard time it's easy to become preoccupied with our suffering, and this can become a trap. In the last part of the course we take the kindness meditation further, bringing others to mind and cultivating a warm, gentle, kindly awareness towards them too. This can be difficult, especially if a person or people are the cause of their stress. However, research has shown that developing a more kindly attitude towards others has a very beneficial effect on the state of our mind and body, including the reduction of stress.



WEEK 8: THE REST OF YOUR LIFE

On the final week of the course we review everything we've learned and practiced, and we look to the future. The course only works to the extent that we practice. Now that we've come to the end of the course, how will you continue to practice and continue to benefit from it? We discuss ways of keeping inspired and reviving our inspiration when it flags. And we encourage you to look after yourself in the future. This isn't 'selfish', it's sensible. After all, if you're going to be any help to others, you have to be in pretty good shape yourself!

ABOUT BREATHWORKS UK

TRANSFORMING LIVES THROUGH MINDFULNESS SINCE 2001

As pioneers in mindfulness for managing stress & mindfulness-based pain and illness management, Breathworks has transformed over 100,000 lives since 2001. We're the only organisation worldwide teaching our unique approach to pain management, developed through research and our Founder Vidyamala Burch's personal journey with chronic pain.

Visit our website to learn more:

[Breathworks](https://www.breathworks.org.uk)



MEET BRATHWORK UK TEAM



Vidyamala Burch

Founder and Honorary Lifetime President



Colin Duff

Acting CEO



Stanter Kandola

Head Of Program

ABOUT BEIT MARIAM

In March of 2015, a dream took root as Beit Mariam began its journey. Crafted from the ground up by the loving hands of our founder, Mariam Sobhy, and a dedicated team, our sanctuary was born out of a vision of unity and growth. Here, we welcome not just teachers rich in knowledge and authenticity, but also the hearts of seekers yearning for enlightenment and transformation.

"Yoga & Meditation are not just classes, they are life, they are transformational practices that can be a life changer, and it was for me a life changer" said the founder of Beit Mariam.

With the placement of the very first stone, the soul of Beit Mariam was embedded—a commitment to being a community centered on learning, love, and transformation. Our teachers are devoted to creating a safe, loving space filled with kindness and care for everyone who steps through our doors, regardless of their origin, social status, background, nationality, religion, or age. From the outset, Beit Mariam was built on a foundation of inclusivity and accessibility, committed to making yoga accessible to all, ensuring our classes are inclusive and free of financial or social barriers, welcoming anyone eager to embark on this transformative journey.

This commitment means that financial constraints should never be an obstacle for anyone genuinely interested in exploring yoga and that's why contributions for classes are made in a discreet box outside, allowing those who may not afford the standard cost to contribute what they can, in privacy and without judgment.

Our aim is to spread the practice and sow seeds of compassion and love in everyone who visits our space.

We believe deeply in the potential for change—both within ourselves and in the world around us. We cherish the beauty of nature and strive to cultivate a sense of gratitude and love for the blessings of life. Inspired by the wisdom of Mahatma Gandhi, "Be the change that you wish to see in the world," we invite you to join us.

Visit our website to learn more:

<https://beitmariam.com>



ABOUT YOUR TEACHER



Mariam Sobhy

Founder Of Beit Mariam
Check out Mariam's Full
story in the below link:

[Beit Mariam](#)

Mariam embarked on her transformative journey in 2010, beginning her exploration of yoga through various classes. By 2013, she had earned her teaching certification in Ashtanga yoga, which became a stepping stone for her deeper study into the realms of spiritual practice. Over the years, she has immersed herself in studying meditation, yoga philosophy, diverse yoga styles, and the principles of mindfulness to enhance health and alleviate stress.

Her personal journey took a profound turn when, beginning in 2012, she became a caregiver for her mother, who was diagnosed with cancer. For five long years, Mariam witnessed the intricate struggles of her mother's illness, culminating in a heartbreaking farewell in late 2016. This period was marked by intense emotional challenges, leaving her feeling powerless in the face of her mother's suffering.

In 2023, Mariam discovered a path toward healing through a mindfulness-based pain management program, completing both levels with distinction and becoming the first certified teacher in Mindfulness for Health and Mindfulness for Stress in Egypt, as guided by Breathworks UK.

Her twelve years of dedicated meditation practice, coupled with her profound personal experiences, have ignited a deep commitment within her to extend the gift of mindfulness meditation to others. Mariam is passionate about supporting individuals grappling with chronic pain and stress, offering them solace and strength through the transformative power of mindfulness meditation.

Check out Breathworks accredited Teachers in the link below:
[Egypt's Breathworks Teacher](#)



PROGRAM DETAILS

MINDFULNESS FOR HEALTH PROGRAM



Date

**September 9th -
Oct 28th**

Every Tuesday

7:00 pm - 9:00 pm

Except for the first session will be
for 2:30 hrs
starting 7:00 pm ending 9:30 pm



Price: \$150

**Can be paid with the
equivalent in EGP**

Original price of this course on
Breathworks UK varies between
\$300 - \$360 (AVG)
our price in Egypt is meant to be
lower than the original prices to
give more accessibility to the
course for more people
considering the economic
difficulties we all face in Egypt.



8 Sessions

**1 session/week
2 hrs/session**



Online Course

Please note, you will be required
to have your Camera on in all
sessions.

During every sessions, please
make sure to be seated
somewhere with the least
distraction.

THANK YOU

CONTACT INFORMATION



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