



BREATHWORKS PROGRAM OFFERED BY BEIT MARIAM

MINDFULNESS FOR HEALTH

Mindfulness Based - Pain -Management (MBPM)
8 weeks program



ARE YOU SUFFERING FROM CHRONIC PAIN SUCH AS:



BACK PROBLEMS



DIABETES



HEART DISEASE



CANCER



FIBROMYALGIA



MIGRAINE



ARTHRITIS



AUTO-IMMUNE DISEASES



COLIC DISEASE



CHRONIC FATIGUE SYNDROME



IRRITABLE BOWEL SYNDROME

EVERY MOMENT IS A NEW CHANCE

PAIN always seems worse at night.

There is something about the silence that amplifies suffering.

Even after you have taken the maximum dosage of pain killer, the aching may soon returns, you want to do something, anything to stop the pain, but whatever you try seems to fail, moving hurts, doing nothing hurts, ignoring it hurts....But its not just the pain that hurts, **your mind** also can start suffering as you desperately try to find a way of escaping.

You start asking yourself:

“What will happen if I don’t recover?”

“What if it gets worse?”

“I can’t cope with this”...

This program is designed to help you cope with pain, illness and stress in times such as these. It 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 if illness and pain are unavoidable & to enjoy a truly fulfilling life.

MINDFULNESS is so effective that doctors and specialist pain clinics now refer their patients to Breathworks UK centers to learn the practice to help them in their journey with pain.

MINDFULNESS practice is an ancient Buddhist meditation technique, and this program is built on this meditation practice and on Mindfulness-Based Pain Management 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.

Many hospital pain clinics now prescribe mindfulness meditation to help patients cope with the pain arising from a wide range of diseases such as cancer (& the side effects of Chemotherapy), Heart disease, Diabetes and arthritis, Back problems, Migraine, Fibromyalgia, Colic disease, and a range of autoimmune diseases such as Lupus and multiple sclerosis, chronic fatigue syndrome, irritable bowel syndrome, labour pain. 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

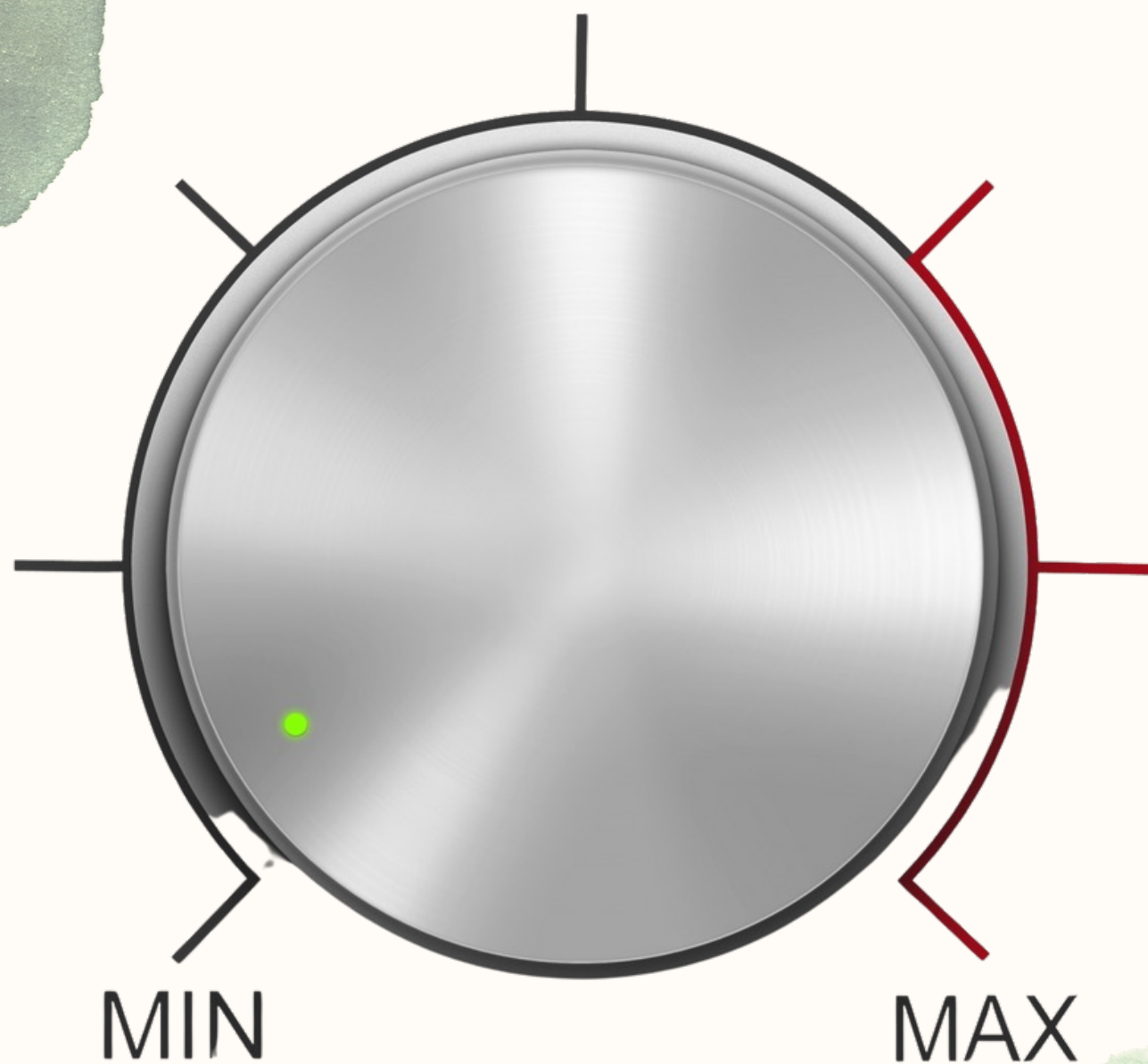
- Brain function in areas associated with self awareness empathy, self control and attention, it soothes part of the brain that produces stress hormones and builds those areas that lift mood and promote learning.



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.





PAIN'S VOLUME CONTROL

HOW THE MIND WORKS WITH PAIN?

The mind has tremendous control over the sensations of pain that we consciously feel. It has a volume control that governs both **INTENSITY & DURATION** of the sensations of pain.

The mind doesn't feel the pain, it only process the information it contains, it teases apart all different sensations trying to find the underlying cause so that you can avoid further pain or damage to the body.

So, the mind zoom in on the pain of a closer look as it tries to find solution to your suffering. This “Zooming-in” amplifies the pain. As the mind analyses the pain it also dig into memories for occasions when you have suffered similarly in the past. It search for a pattern, some clues that will lead to a solution.

The problem with this process is that if you have suffered from pain or illness for months or years, then the mind will have a rich pool of painful memories with very few solution and before you know it the mind will become flooded with unsettling memories, you become entangled with thoughts about your suffering and become consumed by future anxiety, stress and worries as well as physical pain.

This process happen in an instant, before you are consciously aware of it.

Each thought Builds on the last & quickly turns into a vicious cycle that ends up further amplifying your pain. It can get worse as such stress and fear feed back into the body to create even more tension and stress which can lead to more illness and injuries leading to even more pain.

The longer we stay in this vicious cycle, the brain begins to fine-tune itself to sense pain more quickly and with greater intensity.

But this same processing also gives you a way out, it means you can learn to gain control over your pain.

YOU CAN BE IN PAIN BUT YOU NEED NOT SUFFER

Once you realize that, deep in your heart, you can learn to step aside from your suffering and begin to handle pain very differently. In Effect mindfulness hands back to you the Volume Control for your pain. And we will learn the “How” in this program.



INTRODUCING THE “MINDFULNESS FOR HEALTH PROGRAM”



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



The **“Mindfulness For Health”** 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 pain already started to soften from first week of the program, sometimes it can take a little longer. Any stress, anxiety or depression you feel will also 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

WEEK 1

Introduces the body scan meditation, as the name suggests, the meditation invites you to move your awareness around the body and to focus your mind on the sensations that you find. This simple meditation highlights the difference between thinking about a sensation and experiencing it directly. It helps you sense the difference between primary and secondary suffering (which will be explained in week one), your relationship with pain and illness will then change profoundly, for this reason the body scan lays the foundations for the rest of the program. this meditation is also an extremely powerful stress reliever.

WEEK 2

Introduces the simple Breathing anchor meditation. This will help you become ever more aware of your thoughts, feelings, emotions as they arise in your mind - and to let go of struggling with them. You will learn that many of your thoughts and much of your behavior are driven by the "autopilot". Most of your suffering is actually a habitual reaction to mental and physical triggers, you can't get rid of these triggers but you can change how you react to them. The Breathing Anchor meditation helps you to do this. it will progressively teach you how to let go of your sufferings so that you can begin living life to the full once again. This skill alone can change your life. Focusing on the breath in this way has other benefits too. It slowly dissolve anxiety, stress and depression and boosts physical healing by stimulating the parasympathetic or calming aspect of the nervous system



WEEK 3

Introduces the Mindful Movement meditation. Pain and illness have a significant impact on overall fitness, flexibility, and the ability to carry out the ordinary tasks of daily life. While this is understandable, human bodies are designed to move. So if you don't remain as active as possible then you can begin suffering from range of secondary health problems. Week 3 introduces some very gentle mindful movement exercises that have been specially designed for the Breathworks program. Broadly based on yoga and pilates, they will forestall and even reverse the process of inactivity and help rebuild your confidence and courage. The emphasis throughout is on the quality of awareness as you carry out the movements, rather than aiming to bolster physical fitness (although they will do this as well).

Week 3 also encourages you to bring a measure of mindfulness, kindness and understanding towards your body as you go about your normal day-to-day activities. Once again, this will help you sense the difference between primary and secondary suffering and further reduce your pain.



WEEK 4

Encourages you to turn toward your difficulties, rather than trying to avoid them. In most areas of everyday life, we tend to avoid or ignore the thoughts, feelings, emotions and sensations that we find difficult or unsettling. Week Four asks you to take a different approach with the Compassionate Acceptance meditation. This encourages you to gently face your difficulties and accept the things that you can not change (Primary suffering) and to reduce or overcome those that you can (secondary suffering). This acceptance is a period of allowing. Of letting be, or bringing tenderness towards your "failings" and difficulties. You will be surprised by the pain relief to be gained from simply bringing an attitude of warmth, compassion and gentle understanding towards yourself and the problems that you face.





WEEK 5

Gives you the tools to seek out the pleasant experiences that are so often masked by suffering. The previous week will have re-awakened your senses and allowed you to begin re-experiencing the world in all of its bittersweet beauty. Week Five, builds on the skill with the Treasure and Pleasure meditation, focusing your full awareness on such simple pleasures as the warmth of your hands or the taste of your favourite food can be transformative. Reducing pain and suffering is important. But it is equally vital that you begin to love life again.



WEEK 6

Builds on the previous two weeks with the Open Heart meditation. This will cultivate a confident, Kind-hearted and broad awareness that dissipates pain and suffering. This enhanced sense of perspective will help you live in greater harmony with the world, rather than reacting to it and forever feeling on the back foot. This has profound implications for the management of your pain. It helps you to cease struggling against yourself, and the reality of your pain, Suffering and stress, as you learn to be more compassionate towards yourself. And when you do so, a sense of peace and tranquility fills the space. This is the cornerstone of Mindfulness-Based Pain Management.



WEEK 7

Builds on the previous week by expanding your enhanced sense of kindness and compassion outwards from yourself to include other people. You might ask why? given that it is you who are suffering, it is simply because you are interconnected with other people whether you recognise it or not. We are social creatures. If we feel isolated then this enhances pain, suffering and stress, but the Connection meditation dissolves the sense of isolation that so often accompanies these experiences. It helps you to begin living in peace with yourself and others - no matter how physically isolated you are or feel yourself to be



WEEK 8

Marks the beginning of the rest of your life. It reviews the whole course and helps you build a mindfulness program that is sustainable for the long term. It gently reminds you that although you can't control what happens in your life, you can choose how you respond.

ABOUT BREATHWORKS UK

TRANSFORMING LIVES THROUGH MINDFULNESS SINCE 2001

As pioneers in 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)

MINDFULNESS FOR HEALTH PROGRAM



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>

MINDFULNESS FOR HEALTH PROGRAM



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 6th -
Oct 25th**

Every Saturday
10:30 am - 12:30 pm
Except for the first session will
take 2:30 hrs
starting 10:30 am ending 1:00 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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