

FOR FREE



# FREEDOM FROM WITHIN

## Rolling up our sleeves

How mindfulness and meditation  
can support us to act  
rather than react

Join us for the live  
Q&A online-session with

PROF.  
PHD. **JON KABAT-ZINN**

December the 8th

6pm - 8pm

(UTC+1)



Zoom-Link:  
Click here  
and register!  
Registration until  
shortly before the  
event possible.



<https://linktr.ee/MindfulStudentsRegensburg>  
[instagram.com/mindful.students/](https://www.instagram.com/mindful.students/)  
[mindfulstudentsregensburg@gmail.com](mailto:mindfulstudentsregensburg@gmail.com)



## **JON KABAT-ZINN, PHD,**

is founder of the globally recognized, secular, science-based mindfulness program **MBSR (Mindfulness-Based Stress Reduction)**. He is Professor Emeritus of Medicine at the University of Massachusetts Medical School and founder of the Center for Mindfulness in Medicine, Health Care and Society. Jon Kabat-Zinn's **extraordinary pioneering work** and tireless commitment have contributed to a growing mindfulness movement worldwide. Today, mindfulness training is used in clinics, health centers, large corporations (Google, Apple, Deutsche Bank, etc.), schools, and more recently universities around the globe. It is to **his credit that mindfulness with an ethical claim for values** such as **humanity and compassion** has also found its way into society and politics. Jon Kabat-Zinn is the author of numerous best-selling books that have been translated into more than thirty languages.

Andreas de Bruin: **"To my mind, Jon Kabat-Zinn is a true expression of an authentically-lived deep awareness."**



## **MINDFUL STUDENTS REGENSBURG (MSR)**

is an initiative founded by students and mindfulness practitioners with diverse backgrounds. They are driven by the idea to **bring the practice of mindfulness to students as well as academic staff** and foster mindfulness in society.

Mindfulness and meditation are known to have several benefits which are scientifically researched and include effects ranging from stress relief to improved concentration, higher emotional regulation and prosocial behavior. Common experiences and regularity are key elements of the practice. MSR therefore **organizes weekly meditation sessions** at the University of Regensburg.

Furthermore MSR launched the **online lecture series space2be** which offers inspiring talks by mindfulness teachers and researchers.