



Bahar Wilson
Founder of Mindfulness UAE
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After 14 years of working in the corporate world, Bahar decided to leave her career and follow her passion for learning and teaching Mindfulness; allowing her to live a more fulfilled life. Her personal experience in healing her physical pain through practicing and teaching mindfulness has been a transformative journey.

She has spent the last few years of her life studying Mindfulness at some of the most prominent universities in this field. She is a certified Mindfulness-Based Stress Reduction (MBSR) teacher from the University of San Diego, Youth Mindfulness Program for Children (UK) and Mindfulness-Based Cognitive Therapy (MBCT) from Oxford University. To enhance her teaching skills, she has attended workshops with Deepak Chopra, Eckhart Tolle and Dr. Michael Beckwith (Mind Valley Academy).

Bahar passionately believes in the power of inner peace and self-awareness. She is a member of AMRA (American Mindfulness Research Association) and holds a master's degree in Information Technology & Business Management from the University of Wales.

She established Mindfulness UAE to inspire, support and help individuals thrive and to have a healthy lifestyle.

www.mindfulnessuae.com

Workshop Objectives

This session will focus on :

- What is Mindfulness?
- How to Become Mindful?
- The Researched Benefits of Mindfulness
- What is stress and how to deal with stress
- Why do we get stuck in Depression, Unhappiness and Emotional Distress?
- The Neuroscience of the wandering mind, and how Mindfulness can help focus and live a happier life
- An opportunity to practice Mindfulness meditation and discuss challenges .

