

MBSR Experience Course

Instructor: Amina Kuby

Personal Bio:

Amina Kuby is a mindfulness (MBSR) teacher, who runs courses in German and English. She is currently training as a psychodynamic psychotherapist at the University Hospital Hamburg-Eppendorf and has a Doctor of Clinical Psychology from The University of Western Australia. As a mindfulness teacher, she aims to support people in gaining more physical and psychological awareness and wellbeing. She believes that the first step on this path is to "pause and breathe" (see here for more info and current mindfulness courses: www.pause-breathe.com).

Time: 11:30-13:00 Feb. 16th, 2024

Location: Room 117, Abteilung für Kultur und Geschichte Indiens und Tibets (Alsterterrasse 1, 20354 Hamburg)

Bring a yoga mat if you like, but it's totally fine to simply join us.

This event is part of our public exhibition at AAI, so it's completely free of charge.

Please fill out a brief survey (Scan the QR code below) to complete your registration:

