

**MONDAYS, studio 8.4 Kruisplein**  
**starting time: 6.45 p.m.**

Lesson 1: 9 September  
Lesson 2: 16 September  
Lesson 3: 23 September  
Lesson 4: 30 September  
Lesson 5: 7 October

Lesson 6: 14 October  
Stillness day: Saturday 26 October  
Lesson 7: 4 November  
Lesson 8: 11 November  
Return: 13 January

Two individual sessions 18 Nov 2024 - 6 Jan 2025  
(t.b.d.)

**WHAT TO BRING** | Please wear comfortable clothing that does not squeeze. During some exercises you will lie on a mat and then loose, fitting clothing is easier to move in. Optionally bring a few extra socks. Blankets and cushions are available. You can also bring your own blankets or mats, if you would prefer that.

**MINDFULNESS FOR OPTIMAL PERFORMANCE** | This training is intended to introduce the techniques of mindfulness and to encourage you to make it a part of your professional practice and personal life. Mindfulness teaches a kind attitude towards yourself in a competitive environment, and helps you to find the right balance between challenge and ability. Mindfulness can be a lifechanging event. Not just for those who encounter difficulties in practice and performance, but for all those who want to fulfil their potential. Mindfulness will help you to perform with nothing to distract you. Mindfulness can reduce symptoms of stress, depression, anxiety and sleep disturbance. This mindfulness program supports your mental health during periods of uncertainty and worry. Let mindfulness teach you how to stay in the eye of the storm.

**THE 8-WEEK COURSE** | The structure of the course is based on the 8-week mindfulness-based stress reduction (MBSR) course by Jon Kabat-Zinn. You will practice a number of guided meditations in several postures, in which you train to be aware of your body, your thoughts and your emotions, to observe them and let them go. Physical exercises, based on yoga, will help you to further embody the practice. Through enquiry and weekly worksheets, we will monitor your experiences. During the training practical themes, like dealing with concentration, perfectionism, panic, pressure and distractive thoughts, will be explored and put in the context of your own experience.

**THE RETURN & PORTFOLIO** | To conclude the training we will return for a Mindfulness intervention focused on your future professional life: the return. This will be on Monday **January 13**. Your presence in the 8 sessions, individual sessions and return session and portfolio is a prerequisite to finish the minor. The Return is part of the portfolio assignment, the portfolio can therefore not be completed if the Return is not attended. **Deadline for handing in Portfolio in MyLMS is 24 January 2025**

**PRACTICE HOURS** | You are encouraged to practice for 20 to 30 minutes on a daily basis, using the working sheets in the workbook, clearly outlined exercises and audio recordings, in order to change some of your daily routines into mindful and enjoyable actions. You will also be encouraged to apply these exercises to your practice and performance.

**THE TEACHER** | My name is Hildegarde De Baets.

I graduated from the dance department at the University of Arts in Amsterdam (AHK) and finished an acting training a few years later. I had singing lessons during my training as a dancer and actor and took piano lessons for a year. I worked in the theatre field for a few years, but many injuries and a very critical, hard headed attitude towards myself made a stop inevitable. This led me to a path of research that resulted in engaging in a three year Alexander Technique teacher training course. Alexander Technique is a method that has been recognised as an important foundation in developing the professional skills of an artist. I work as an Alexander Technique teacher in the Expanded Contemporary Dance Department at the AHK and in the Musician Department at Codarts. From 2011 to 2013 I attended a post-graduate training in mindfulness at the HU to give the classical eight-week mindfulness training as developed by Jon Kabat-Zinn at the University of Massachusetts and further examined at Oxford University and Radboud University. Since then I teach this course at the University of Arts in Amsterdam and this year at Codarts. Both methods give me support and joy in my daily life and help me deal with the challenges we face in our own lives and in the rapidly evolving world.

[www.fmalexandertechniek.nl](http://www.fmalexandertechniek.nl) – [www.tijdnemen.nl](http://www.tijdnemen.nl)

**QUESTIONS** | If you have any questions during the course, you can contact:  
**Hildegarde: [info@tijdnemen.nl](mailto:info@tijdnemen.nl)**