

Mind Training Program I

Focus vs Anxiety

Tuesdays from 8h30 to 10hpm

6 sessions: 6/4; 13/4; 20/4; 27/4; 4/5; 11/5

Registration open until: 5/4, agaspar@unl.pt

Total cost: 18€ (This amount will revert in favor of a student's funding)

Mind Training Program I

Focus vs Anxiety

Automatic Pilot vs. Conscious Choice
Draining activities vs. Stimulating activities
① Flux state
Meditation and Neurosciences
The Benefits of Meditation

Mind Training Program I

“Focus vs Anxiety

Practices

- 1- Meditation using an object (full attention)
- 2- Meditation without using an object (open conscious)
- 3- Self- questioning (Investigating cognitive functioning)

Mind Training Program II

Emotional Training

Fridays from 1h to 2h30pm

6 sessions: 6/4; 13/4; 20/4; 27/4; 4/5; 11/5

Registration open until: 5/4, agaspar@unl.pt

Total cost: 18€ (This amount will revert in favor of a student 's funding)

Mind Training Program

II

Emotional Training

Running vs. Facing
Disturbed mind vs. Expansive mind
Training the mind's well-being processes.
Training the emergency of straining emotions.

Mind Training Program

II

Emotional Training

Practises

- 1- Meditation using an object (full attention)
- 2- Meditation without using an object (open conscious)
- 3- Self- questioning (Investigating cognitive functioning)

Mind Training Program III

Desires, ambitions and
relationships

Fridays from 4h30 to 5h00

6 sessions: 6/4; 13/4; 20/4; 27/4; 4/5; 11/5

Registration open until: 5/4 agaspar@unl.pt

Total Cost: 18€- This amount will revert in
favor of a student 's funding

Mind Training Program III

Desires, ambitions and relationships

(Consciousness vs Self-Centering)

Hypocrisy vs. Love and Fury
Stupidity vs. Intelligence
“Liquid Love”
Well-being, compassion and the
brain
Psychopathology of self-
centeredness
Expanding Consciousness

Mind Training Program III

Desires, ambitions and relationships

Practises

- 1- Meditation using an object (full attention)
- 2- Meditation without using an object (open conscious)
- 3- Self- questioning (Investigating cognitive functioning)
- 4- Meditation using visualizations (aspirations, self-compassion and compassion)