

Meditation course to deepen your personal practice, online

The Four Foundations of Mindfulness

Guided by Wolfgang Schröder and René Slikker

Online course comprising 6 sessions (held fortnightly)

24.09. / 08.10. / 22.10. / 05.11. / 19.11. / 03.12. 2026

18:30 – 20:30 o'clock

This in-depth group is an invitation to explore and deepen your own meditation and mindfulness practice, and to help ensure that it becomes part of your daily routine.

Seminar details

- Each session lasts 2 hours and starts at 18:30 o'clock.
- The sessions include periods of meditation, short themed talks, small-group discussions about your own meditation practice, and suggestions for practising at home.
- In this course, we place mindfulness of body and breath at the heart of the practice. We deepen our understanding, examine obstacles that may arise, and practise mindfulness of breathing and body-related meditations.
- Guidance on the practice to prepare for participation in the MBSR teacher training

Our aim is that this course will enable us to practise together from home, overcome resistance to meditation, and establish a regular personal practice.

Prerequisites for participation

Participation in an MBSR course or a mindfulness course with a similar structure, e.g. eight weeks' duration with daily practice. An interest in deepening one's own meditation practice, with a willingness to practice daily.

What happens if I miss a session?

The meditation sessions will be recorded, and available to you a couple of days after the course session.

In preparation for the course

The course will take place online via Zoom. You will need a computer or tablet with a camera and microphone, and a stable internet connection.

It is helpful to set up a meditation space before the seminar rather than sitting at your desk.

Meditation Guide

René Ryorin Slikker is a psychologist and physical therapist. His specific interest is mind-body medicine and personal development. As a psychologist, he combines mental and physical wellbeing with return-to-work programs. He has worked in the United States, Great Britain and Germany as a physical therapist. When he learned about MBSR and Jon Kabat-Zinn, he was immediately inspired and still is. He was one of the first students to train in MBSR with Johan Tinge and his teaching staff at the Institute for Mindfulness in Holland in 2008. He has worked as a mindfulness teacher trainer at the post-doc program of the Hogeschool Utrecht. He has taught numerous MBSR courses and guided several retreats. He started practicing Zen Buddhism in 1998 and has integrated this into his work. At present, he works as a Buddhist psychologist in Amsterdam.

Wolfgang Schröder has been co-director of the Achtsamkeitspraxis Berlin-Mitte since 2012. He first began practising meditation in 1985 within the Triratna Buddhist Community (formerly the FWBO) and has maintained a regular meditation practice ever since, taking part in numerous retreats both in Germany and abroad with various groups. His first contact with yoga in the tradition of B.K.S. Iyengar was in 1985 with Dharmapriya in Essen. He trained as a yoga teacher in London (certified in 1994), undertook further training in Germany and Pune, India, and completed further training as a Yoga Medical Coach in Berlin. He offers regular open groups and courses in Berlin. Since coming across the book 'Full Catastrophe Living' in Mexico in 2005, he has consistently followed the MBSR practice and training path; he has been a certified MBSR teacher since 2008, an MBCT teacher since 2009, and is currently undergoing further training to become an MBCL teacher. He is a lecturer at various institutions in the Berlin area on the topics of yoga, Buddhism, MBSR and stress management. Through his involvement in various approaches to 'mindfulness at work', such as 'Potential Project' and 'Ainu – Mindfulness in Companies', he is continually expanding his wealth of experience and the range of services he offers. Since 2020 is part of the teaching team at the IAS and started to coordinate the international MBSR teacher training in 2024.

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fee: Euro 240,-

Registration

If you meet the eligibility criteria and would like to take part in the seminar, please complete the attached registration form and return it to the Institut für Achtsamkeit. You will then need to pay the course fee.

You will then receive confirmation of your registration and, at a later date, the Zoom link for all sessions.