

Ayse Dayi

Psychologist and Medical Sociologist Meditation Teacher Counselor

I have a B.A. in Psychology and PhD in Human Development & Family Studies. In 2020, I established Orca Dreams: Platform for Mindful Living, where I integrate my knowledge of psychology, sociology, women's health, and mindfulness and provide courses, programs and counseling to individuals and organizations with a special focus on serving and connecting communities in Germany and Turkey through mindfulness. In joy and honor, I teach the first MBSR Courses in Turkish in Germany.



RMT (Reiki Master Teacher)

IMA: Institute für Achtsamkeit (MBSR Teacher Certificate)
Shai Tubali School of Meditation, Center for Human Greatness (Meditation Teacher Certificate)

Fortbildungen

- □Tending the World, Tending Ourselves: Social Justice Work in Times of Uncertainty, 9-month program of Orca Dreams for activists in exile in Europe, supported in part by the Henrich Böll Stiftung Friends and Supporters Fund. January-October 2021.
- □Tending the World, Tending Ourselves: Introduction to Mindfulness for Activists/Academics at Risk. Online workshop held at the Humboldt Foundation Philipp Schwartz and Inspireurope Stakeholder Forum 2021, April 17, 2021.
- □ Welcoming Spring Online Qiqong-Meditation Workshop with PUDUHEPA. March 15, 2021.
- Brief demo on walking meditation during the Mitglieder meeting of ISI: Initiative Selbständiger Immigrantinnen e.V. February 15, 2021.
- Online meditation-qiqong workshop for colleagues in Academics for Peace, Turkey, co-organized by Orca Dreams with the Turkish associations BIRARADA and TODAP. November 2020.

Als Trainer/in in Unternehmen

seit 2020 bundesweit tätig



Adresse
Laubacher Strasse 54A
14197 Berlin

← +49 178 317 9494☑ ayse@orca-dreams.com

http://www.orca-dreams.com



Erfahrung in:

Gesundheitsmanagement Personalentwicklung mit Führungskräften Team- und Organisationsentwicklung

Achtsamkeitstraining mit Kindern und Jugendlichen Zusatzgualifikation Weitere Erfahrungen

Mindfulness Training

- □ 20 years of Tai Chi and Qigong experience. Continue training at the XUAN - Gong Fu Academy school for internal kung fu in Berlin.
- Be-in-Movement Workshop, Paul Linden, Spain, July 2019.
- Wudang Style 5 Animals Qigong workshop with Master Yuan Li Min, Ming Shan Taoist Center, Switzerland, September 22-23, 2018.
- ■Retreats at Plum Village Center in France (December 2016-January 2017 and December 2018-January 2019).
- ■Assistant at the children's program in the Germanspeaking "Family as Sangha" Retreat in the Institute for Applied Buddhism (led by Ms. Tineke Spruytenburg), Waldbrol, Germany, July 2018.
- Completed a workshop by Richard Brady on working with middle and high school youth. Brady is a former high school math teacher and founder member of Mindfulness in Education Network in the U.S.

Organizational Experience:

- ☐ Tending the World, Tending Ourselves: Social Justice Work in Times of Uncertainty, 9-month program of Orca Dreams for activists in exile in Europe, supported in part by the Henrich Böll Stiftung Friends and Supporters Fund. January-October 2021.
- Tending the World, Tending Ourselves: Introduction to Mindfulness for Activists/Academics at Risk. Online workshop held at the Humboldt Foundation Philipp Schwartz and Inspireurope Stakeholder Forum 2021, April 17, 2021.
- Welcoming Spring Online Qiqong-Meditation Workshop with PUDUHEPA. March 15, 2021.
- □Brief demo on walking meditation during the Mitglieder meeting of ISI: Initiative Selbständiger Immigrantinnen e.V. February 15, 2021.
- □Online meditation-qiqong workshop for colleagues in Academics for Peace, Turkey, co-organized by Orca Dreams with the Turkish associations BIRARADA and TODAP. November 2020.



Teaching Experience:

- □Online MBSR Course in Turkish, November 2020-Present
- □ "From Grief to Joy" Sound and Meditation Workshop with Duygu Muziktherapie, May 30, 2021, Berlin.
- In person Qiqong-Meditation classes at the IBZ: Internationales Begegnungszentrum der WissenschaftV. in Berlin (December 2018-March 2020).
- □Online Meditation classes (March-July, 2020) to support individuals at the beginning of the Pandemie.
- □Online Qiqong and Meditation classes on The HomeWorkshops platform, Turkey, April-June 2020.
- □In person Meditation Classes at the Human Greatness Center, Berlin, July 2020.

Sprachen

Englisch, Französisch, Deutsch, Türkisch

Veröffentlichungen

MBSR, Farkındalık ve Yeniden Başlamak / MBSR, Mindfulness and Starting ANew (Language: Turkish) https://www.youtube.com/watch?v=N88IHMu 4c

Conversation with Alexandra Kreis on Mindfulness and Women's Health (English)

https://alexandrakreis.com/2020/03/30/ayse-a-refined-advocate-for-womens-health/

Women's Reproductive health and rights as Visiting Scholar at Freie Universität (English) https://www.youtube.com/watch?v=oWyUh4H82HI

Edited Book: The Politics of the Female Body in Contemporary Turkey

https://www.bloomsbury.com/uk/politics-of-the-female-body-in-contemporary-turkey-9780755617401

Cinselleşen, Metalaşan Memeler / Sexualized and Commodified Breasts (Turkish)

https://www.academia.edu/22197221/TAP_Vakfi_Gorun um_Dergisinde_makale_Cinsellesen_Metalasan_Memel er_sayfa_10_11_

Scholarly work on women's bodies, reproductive health, sexuality and health systems https://fu-



berlin.academia.edu/AyseDayi?from_navbar=true						