

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.

Achtsamkeitsausbildung

IMA: Institute für Achtsamkeit (MBSR Teacher Certificate)

Shai Tubali School of Meditation, Center for Human Greatness (Meditation Teacher Certificate)

RMT (Reiki Master Teacher)

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



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Erfahrung in
Gesundheitsmanagement
Personalentwicklung mit Führungskräften
Team- und Organisationsentwicklung

Achtsamkeitstraining mit Kindern und Jugendlichen

Zusatzqualifikation

Weitere Erfahrungen

Mindfulness Training

- 20 years of Tai Chi and Qiqong 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 Qiqong 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 German-speaking "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.
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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 Qigong-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 Qigong 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, Turkish

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>