

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 F

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_Gorunum_Dergisinde_makale_Cinsellesen_Metalasan_Memeler_sayfa_10_11_

Scholarly work on women's bodies, reproductive health,
sexuality and health systems

https://fu-berlin.academia.edu/AyseDayi?from_navbar=true