

Mindfulness for Everyday Life

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In this 8 week course we will look at what mindfulness is and how to bring it into everyday life in a practical down to earth way. We will look at a range of meditations and explore different issues each week. The issues include looking at:

-whether to Respond or React

-Compassion

-Forgiveness

-thoughts are not facts. And more!

The course thus embraces how to work with the joys and challenges that life throws at us.

Mindfulness is about living in the present moment with awareness. Greater awareness of the present moment can help one to enjoy the world around oneself and thus develop a better understanding of ourselves and others

It has all sorts of other benefits including working with stress, tension, anxiety, insomnia and overall well-being.

Wednesday 20th January – 17th March; no session 17th February 6.45-8.45pm. Cost: £80

"Love the life you live; Live the Life you love." Bob Marley