



Mindfulness

Do you sometimes feel that you are running on auto-pilot?

Or that you'd like to gain a little more confidence when public speaking?

Maybe you feel stressed, or are have difficulty sleeping?

Maybe you are living with chronic pain?

If so, mindfulness can help. This non-religious approach to meditation teaches you to live in the moment and helps you to cope with those everyday pressures that arise both at home and at work.

Mindfulness is a state of awareness. It is a way of paying attention to the present moment, using techniques like meditation, breathing and movement. It helps you become more aware of your thoughts and feelings so that instead of being overwhelmed by them, you can make better choices about how you respond to your experiences.

According to the Mental Health Foundation, mindfulness can improve your concentration, energy levels and enjoyment of life and can have such a positive impact on your mental and physical wellbeing that many GPs believe everyone could benefit from learning such techniques. [Click here for more information.](#)

Free Taster Session

Third Wave is running mindfulness taster sessions facilitated by trained mindfulness champions on 28th February and 19th March at Friends Meeting House Manchester .

Please note places are limited and will be allocated on a first come, first served basis

If you would like to reserve a place or you need further information then please **contact:**
info@third-wave.net / Tel: 07882845479

