

MINDFULNESS



'Trust the energy that courses through you. Trust and then take surrender even deeper. Be the energy. Don't push anything away. Follow each sensation back to its source in vastness and pure presence. Emerge so new, so fresh that you don't know who you are.' Dana Falls

Mindful Life is an 8 week group programme which has been taught in hospitals, prisons, schools, work place and in a variety of community settings with over 30 years of clinical evidence supporting mental and physical recovery, maintenance of wellbeing. It can provide a supportive space to re-evaluate our lives, let go and begin again no matter what the circumstances.

WHAT IS MINDFULNESS?

Although a natural state, it is necessary to train the mind in skillful ways to be able to access mindfulness. Regular practice enables us to listen more deeply to our lives and to respond more effectively to stress, pain, illness, relationships and the challenges and opportunities inherent in life in the 21st century. People who have taken the eight week course have reported that Mindfulness can help us to:

- deepen our experience and joy of living
- feel more confident and resilient in being true to who we are
- cope with stress, anxiety, depression, illness, pain
- balance of mind and body
- enhanced performance

HOW? Classes are 1 & half hours weekly for 8 weeks. Meditation practices include sitting, lying, and gentle movement. - individual interview before and after completion of 8 week group, ongoing support, weekly handouts.

DETAILS Commencing Wed. 1st April 2015 from 7pm to 8.30pm running for 8 consecutive weeks at Friends Meeting House 6 Mount Street M2 5NS

PAYMENT Donations to the instructors

CLOSING DATE: 18TH March 2015 (places are limited and book up quickly)

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