

Mindfulness-based Stress Reduction Programme

'Only that day dawns to which we are awake'



Venue: The Red Gates Corofin

www.theredgates.com

Date: April 13th 7.00-9.30pm

The Mindfulness Based Stress Reduction Programme will help you to:

- Manage stress
- Enhance mental and emotional wellbeing
- Increase your ability to relax
- Reduce pain levels
- Increase energy, self worth and self esteem

Mindfulness involves intentionally bringing awareness to the present moment, paying attention to, and connecting with our present experiences, including our thoughts, feelings and physical sensations with openness, curiosity and acceptance.

This Eight Week Mindfulness-Based Stress Reduction Programme (MBSR) is based on the work of Dr. Jon Kabat-Zinn at the University of Massachusetts Medical Centre. It introduces participants to different forms of mindfulness practice including; breath awareness, sitting meditation, body awareness, gentle mindful movement and inquiry exercises

Throughout the course and afterwards, the emphasis is on using mindfulness as a way of being in everyday life, therefore, a commitment to practice at home from 45 to 60 minutes a day, six days a week for the duration of the course is encouraged.

The course is open to anyone living with a physical or emotional difficulty, or anybody wishing to improve their overall health and wellbeing.

MBSR is also beneficial to a broad spectrum of professionals working with people with a range of health issues or professionals working in the field of education.

The overall cost of the 8 week course is €320, this includes eight, weekly, two and a half hour sessions, a full experiential day after week six, guided instructional CDs and a course work book. Concessions are available to people who are not presently working, are part time, on low pay or disability allowance, on a sliding scale.

For more information or to book a place email: annebuckley08@gmail.com

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Course co-ordinator Anne Buckley, to find out more please visit

www.mindfulnessandstressreductionservices.com

