



Mindfulness-based Stress Reduction Programme Spring 2017 at The Red Gates Corofin

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 Centre for Mindfulness, University of Massachusetts Medical School. It introduces participants to the daily practice of mindfulness, including, breath and body awareness, gentle mindful movement, a range of formal and informal mindfulness practices and personal inquiry exercises. Learning and practicing mindfulness through MBSR will help you to:

- Recognise and manage stress and anxiety more effectively
- Develop enhanced mental and emotional wellbeing
- Increase your ability to relax
- Live more fully with pain, both physical and emotional, and help you to cope better with chronic or more long-term pain and illness
- Increase energy and enthusiasm for life
- Improve self-worth and self-esteem

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

MBSR is also beneficial to a broad spectrum of professionals working with people with a range of health issues and professionals working in the field of education including teachers interested in introducing mindfulness to students in both primary and second-level schools. Cost of the 8 week course is **€350**, which includes eight, weekly, two and a half hour sessions, a full experiential day after week six, guided instructional CDs and a course workbook. Concessions are available to people who are not presently working, on part time or low pay or on disability allowance, on a sliding scale.

Dates: Wednesday Feb 15th to Apr 5th Time: 700pm to 9.30pm
Booking: Anne Buckley: annebuckley08@gmail.com Mobile: 085 8108633

The programme is facilitated by Anne Buckley, a Centre for Mindfulness, University of Massachusetts approved teacher.