

MINDFULNESS FOR STRESS

8 Week Course

Wednesday 18th April to Wednesday 13th June 2018

At Christ Church Centre, 46 Reading Road, Henley-on-Thames, RG9 1AG



Mindfulness will help you discover that you don't have to live with all the unhelpful thoughts and feelings that our minds tend to throw up in reaction to stressful experiences. Mindfulness practise doesn't get rid of our problems – it helps us to change our relationship with them

In the Mindfulness for Stress Course you will learn:

- How to reduce stress and become more resilient, calmer, happier and inspired
- How to apply mindfulness to all aspects of your life, giving you more choices in how you respond to life's challenges

The Course Includes

- 4 Meditation practises
- The Body Scan
- Mindful movement
- Kindness Meditation
- Mindfulness in daily life which includes a number of small things (micro-practises) that reduce stress while going about your life challenges.

Cost of course is £200 (*includes CD or MP3, book and course handouts*)

Lynne Wilkes – 'Breathworks Accredited' Mindfulness Teacher

To book or request further information, contact lynne.wilkes@talk21.com or call 07940 808252. Bookings must be made before 29th March.