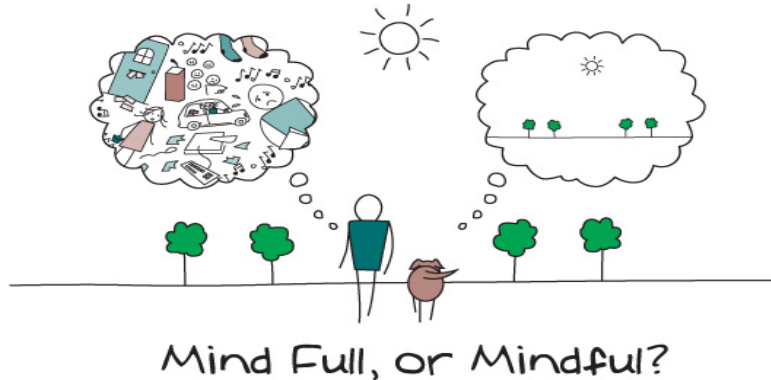


# Mindfulness for Stress Course



**An 8 week course teaching tried and tested ways to manage stress and improve wellbeing using mindfulness**

**Venue: Lifeways, 30 Albany Road, Stratford upon Avon, CV37 6PG**

**Wednesdays, 7.30 to 9.30 pm, 26<sup>th</sup> April – 14<sup>th</sup> June 2017**

**Free taster session 7.30 -8.30 pm 5th April 2017**

**Cost of course: £220, including handbooks and audio CDs of meditations.**

## **Teachers:**

**Marian Dwyer BSc, RMN, Dip counselling, Breathworks accredited mindfulness teacher, MBCT teacher trained via NHS pathway**

**Katherine Michaelis BA Hons, Breathworks accredited and Mindfulness Association trained mindfulness teacher, member of the UK Network of Mindfulness Teachers**

**For more information or to book a place contact**

**Katherine: 07708 041996 [Katherine.michaelis@gmail.com](mailto:Katherine.michaelis@gmail.com)**



## How mindfulness works

Life can be stressful. The pressures of work, caring for family, modern life, can become an exhausting and overwhelming battle with circumstances. Mindfulness helps us develop a new relationship with these stressful conditions so that they don't overwhelm us, and we remain steady through life's ups and downs.

Mindfulness practice can help us notice the unnecessary suffering caused by our reaction to stressful circumstances. We learn to let go of some of these reactions and to broaden our awareness and allow more pleasant experience into our lives.

## Mindfulness for Stress course

On the Mindfulness for Stress course you cultivate your capacity to be mindful by practicing mindfulness meditations and by introducing mindfulness into your day to day life. Week by week you develop your mindfulness skills and reduce your stress. The course includes;

- Mindfulness meditations: the body scan, breath awareness, mindful movement and kindness meditations.
- Mindfulness in daily life
- Ways of working with difficult thoughts and emotions
- Theory to help you understand how we get stressed and how mindfulness reduces stress

Daily home practice is an essential part of the course.

## How will I benefit

There is a substantial body of research showing that developing mindfulness can:

- reduce stress, anxiety, depression, burnout symptoms,
- improve sleep, ability to deal with difficult emotions, concentration and wellbeing.

## The teachers

Katherine has a background in business and adult education. She attended a mindfulness course in 2008 to help her manage her own stress, it helped and she has practiced mindfulness ever since. She trained to teach mindfulness with Breathworks and the Mindfulness Association and has taught mindfulness courses to the public and in businesses and education since 2012. She is in final stages of an MSc in Mindfulness Studies with the University of Aberdeen.

Marian has a background in mental health and has held senior management roles in the NHS. She has taught mindfulness to people with recurrent depression in the NHS as well as teaching mindfulness in organisations and to the general public. She trained to teach Mindfulness Based Cognitive Therapy while in the NHS and is an accredited Breathworks teacher.