



Living Mindfully

The next course begins 23rd Jan

A course of 8 sessions to teach you mindfulness skills that decrease stress, increase wellbeing and help you to choose a response rather than react

Mindfulness

Mindfulness has been shown to help people reduce worry, manage their stress and regain the ability to relax. It has also been shown to be an effective tool to cope better with chronic pain or chronic ill health.

Mindfulness is a method of mental training that reduces the tendency to go through life living and reacting on autopilot. We can train ourselves to keep our awareness more in the present and in so doing it changes the way we related to our day to day experience and the level of worry/stress we experience.

Secular mindfulness provides a scientific researched approach to cultivating a calmer mind.

"I now have the ability to take myself out of my internal chatter Wish I had done this years ago. The techniques make such a difference to the way I live my life."

Where is your mind right now?

How do you experience the present moment?

In fact, do you really experience the present moment at all or is your mind planning, thinking, worrying, remembering, and in the past and future more than it is in the present? Do you worry or ruminate more than you want to and find you can't stop, or that you end up going round in mental circles. If you have chronic pain/ill health is your mind constantly thinking about the symptoms?

Would it be helpful to you to develop skills:

- to calm and relax?
- to reduce anxiety and worry?
- to respond rather than react to situations as they arise?
- to cope better with chronic pain or ill health (which is itself stressful)?

Many people feel under greater pressure these days. It's no surprise then that secularly taught **MINDFULNESS** is increasingly popular among people who want to improve their physical and mental health by reducing and managing their stress and regaining the ability to relax and live more in the present.



Mindful Living

In this series of 8 sessions, secular mindfulness is presented in a practical and experiential way, making it relevant to daily life and helping you counterbalance the stress and strain of everyday life.

Underpinned by scientific research, the sessions will cover background understanding and mindfulness meditation techniques, together with guided meditations and useful ways to weave mindfulness into your daily life. Each session is fully supported by MP3s/CDs and weekly handouts for home practice.

The 8 Weekly Sessions

Starting Wednesday 23rd Jan, and running to Wed 20th March 2019

Time: Wednesdays, 7.15-9pm

Venue: MAZCC, 311 Stonegate Road, Moortown, Leeds LS17 6AZ

Cost: £140 (costs include 12 hours of small group tuition, guided tracks on CD or MP3 and ongoing support during the course. Concession rates available; ask if this may apply)

You will be taught techniques, which can be practiced anywhere, anytime, and fit into your lifestyle; learn a new habit of responding rather than reacting to the stresses of daily life.

One to one sessions also available. Please contact info@onthemind.eu if interested

"This was an excellent, practical and useful course with intelligent, informed and skilful guidance from someone who has personal experience of the positive benefits of the practices"

On The Mind

Mindfulness training

www.onthemind.eu

To find out more, book your place or ask about future courses or one to one sessions, contact

Annika Wager

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Mindful Living (Leeds)

Starting Wednesday Jan 23rd 2019

Sessions at **MAZCC, 311 Stonegate Road, Moortown, Leeds LS17 6AZ**

Not sure? I am happy to answer questions you have or explain what the course involves

On the Mind
Mindfulness training

...choose to respond rather than react and have a greater sense of wellbeing