



INTRODUCTORY MINDFULNESS SESSION

Thursday 19th September 2019

18.45 -19.45 pm

**Oakdale Centre, Valley Drive, Harrogate
HG2 0JH**

What is Mindfulness and Why is it Beneficial to build Mindful Awareness

Research has shown that mindfulness training is effective in improving general well-being, sharpening attention and increasing resilience in dealing with life's pressures. Mindfulness is a mental training that reduces the tendency to go through life on autopilot. In so doing it can change the way we relate to our day to day experiences and relationships, and can help reduce stress and build resilience. Rather than worrying about what has happened or what might happen, mindfulness trains us to respond skilfully to whatever is happening right now, even when that is difficult. It means also we are able to be more present to enjoy the good things in life rather than sometimes dwell on the problems, distractions or difficulties.

This one off session aims to give you an initial experience of what mindfulness is and why so many people choose to practice mindfulness in some way. It will include some practical tools for you to begin to develop these skills and provide information to help you decide if you want to do the full 8 week course which is the gold standard in mindfulness training.

The session is open to anyone who wants to find out more about mindfulness.

Bookings via Oakdale reception on 01423 503080

or contact info@onthemind.eu or 07583033826 to book your place.

Cost £5. Pay on the day.

Mindfulness is learned over a period of time, usually by 8 weekly sessions. **The next 8 week course running at the Oakdale Centre will be starting on 3rd October and run every Thursday evening from 7-9pm.** Contact reception to book you place or ask for further information.

What participants said they had got from doing a mindfulness training course that was of lasting value:

"Appreciating the moment, taking time out of a hectic schedule and starting to see the present."

"A way of dealing with stress and anxiety which can lead to happier living."

"The ability to notice my thoughts and be more self aware so I can choose how to respond rather than react."

"Has really helped with my well-being, self esteem and being kinder to myself."