

## Booking Form

Name:.....

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Address:.....

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Tel. No:.....

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Email:.....

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The Course is being supported by  
Witton Gilbert Parish Church Council  
And is subsidized

Cost : £20

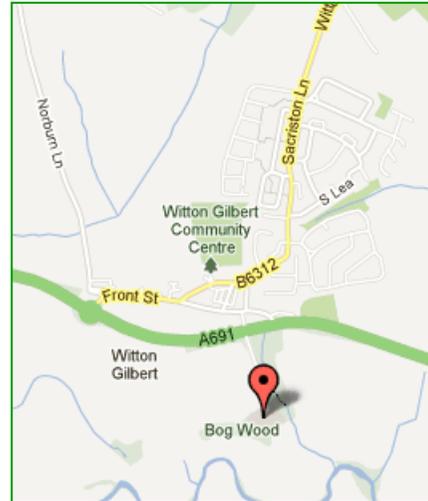
Cheques to be made payable to

Breathing Space

Booking is recommended

Please book by 29th January

## How to find us



St Michael and All Angels Church  
Coach Lane  
Witton Gilbert  
Durham DH7 6SX

For more information, please contact:  
Gillie Boggon, Project Officer.  
Phone: 07508 471522  
01913711387

E-mail: [breathingspacedurham@gmail.com](mailto:breathingspacedurham@gmail.com)

Web: <http://www.breathingspace.org.uk/>



Charity number 1148676

 [Localgiving.com](http://Localgiving.com)



**Introduction to  
Mindfulness  
6 week course  
Starts February 2018**

## What is Mindfulness?

Whilst the concept of Mindfulness as an approach is a modern one which offers a new way of altering our outlook on life and as such helping us to manage stress and anxiety. It is very simply allowing ourselves to remain in the present with those feelings and emotions in our physical being but not judging those emotions or feelings and therefore not allowing them to overwhelm us.

*“ Mindfulness means paying attention in a particular way; On purpose, in the present moment, and non-judgmentally”*

Jon Kabat-Zinn

Mindfulness allows us to take a holistic approach to our self in terms of Mind, Body and Spirit and helps us to maintain a balance within the Mind and Body which helps us to take a more philosophical and detached outlook to our experiences



## What will it do for me?

Research has shown that Mindfulness training can bring:

- Greater Insight– By observing our experiences we can gain clarity on what is happening within our lives
- Improved Problem solving– We can begin to create time and space to make considered and creative decisions
- Better Attention- Being less distracted means our experiences become clearer, richer and more vivid



- More acceptance– We can learn to enjoy a sense of wellbeing whether things are going right or not
- Greater enjoyment of life-As we become more aware of pleasant experiences which we had left unnoticed due to our focus being on the past or the future.

## About the course

The Course is an hour and 15 minute long session over 6 weeks

Wednesday 7th February—Wednesday 14th March

4.45 – 6.0pm

At St Michael & All Angels Church

These sessions will cover

- The Key concepts of Mindfulness
- The habit of thinking & coming out of autopilot
- Breathing & Body scan techniques
- The practice of Mindfulness meditation
- Mindfulness for everyday life
- Using Mindfulness for anxiety & stress reduction

Who is this course for:

Anyone who wants to learn the basics of Mindfulness as a tool to support their personal health & wellbeing

Anyone who wants to learn new techniques to support the reduction of stress and anxiety

Led by a qualified practitioner

A commitment to the full course is required to gain most benefit. There will be some discussion & group work involved