**Welcome to the Eight Week Mindfulness-Based Stress Reduction (MBSR) Course.**

The following contains information and exercises to support you through the course. Things often become clearer the more we practice so keep it safe as you may wish to revisit the information here at a later date.

The spaces are for you to make personal notes about your experiences and you are invited to do so as part of the course as it allows you to consider your journey over the eight weeks. Be as honest as you can. The notes you make are not to be shared, they are for you to explore and reflect.

You may experience some deeper emotions during your practice, if this happens it is quite natural and nothing to be afraid of. We can discuss these in class or on a one to one before or after the session. If you wish to discuss anything that is connected to mindfulness practice between sessions then you can contact me by email or we can arrange a time to talk.

I look forward to exploring mindfulness with you and hope that you find this a rewarding and therapeutic experience. It may even become a way of living.

Warmest wishes

Jean

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