**MINDFULNESS-BASED STRESS REDUCTION COURSE**

**MORTIMER**

**STARTING SOON!**

**16th April 2014**

**WEDNESDAY EVENINGS**

**2 ¼ HOURS EACH SESSION 7pm 9.15pm**

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This course is an integrative, mind-body based training that enables people to change the way they think and feel about their experiences, especially stressful experiences. Mindfulness:

* pays attention to thoughts, feelings and body sensations to become directly aware of them, and better able to manage them;
* has deep roots in ancient meditation practices and also draws on recent scientific advances;
* is of potential value to everybody to help find peace in a frantic world.

Extensive research has demonstrated the value of this particular approach to mindfulness training for managing stress, anxiety and depression. (eg see e g oxfordmindfulness.org).

Participants will be expected to devote a specific period or periods at home to practice the material during the period of the course. An initial phone interview will cover these details and suitability for you.

For further details including costs please contact:

**07968 692754; 0118 933 1515**

*Reconnect,*

*M Winslow. UKCP reg, Mindfulness Diploma, Bangor University.*