

MINDFULNESS & CREATIVITY

6 WEEK COURSE New Year 2023



Exploring the relationship between mindfulness and creativity

This course offers an introduction to mindfulness suitable for beginners. It is also an opportunity to refresh practice for those more familiar. For anyone involved in the arts or working creatively in any field, these six weeks help open a space in which to enhance receptivity and encourage expression.

We discover how meditation may deepen alignment with compassionate presence, inspire us with vision and engender insight into our natural creativity.

Starting with Orientation open to all in the first session, the course follows through a further 5 weeks for those wishing to continue.

Thursday Mornings, 10.00am - 11.30 am: January 12th, 19th, 26th; February 2nd, 9th & 16th Online via Zoom

Course fee: £70 (concessions negotiable)

Participants are invited to develop a daily mindfulness practice of 20-40 minutes a day and will be supported throughout their six weeks' journey and beyond, in follow up events such as half day retreats.

Course leader: Sophie Muir, P.G. Dip. Mindfulness Based Approaches, University of Exeter, 2012.

Qualified T'ai Chi teacher 1995, 2000. B.A. Fine Art, Falmouth School of Art, 1991.

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