

Mindfulness for Well-Being






a Seven-Week Course at Heatherleys

Starting Wednesday 12th
February 2020

Your well being and contentment can be nourished. The ancient practice of mindfulness teaches us this. Modern psychology research also shows us how the mindfulness practice of being in the present moment can reduce stress and anxiety.

Together, we are going to explore how to increase your well-being and creativity. You will learn the foundational skills of mindfulness, compassion, and meditation, and how to apply them in your life in a way that really makes a difference.

You will learn foundational skills of mindful-living:

-  root yourself in the present moment through guided meditations & body movements based in Qi-gong.
-  how working with breath and body awareness can transform stress and anxiety
-  how to cope better with challenging thoughts and emotions
-  greater concentration and focus
-  art practice as a path to mindfulness

Tutor: Ignacio Lalanne At: Heatherleys Library/

Wednesdays evenings from 6.30pm to 8:30 pm 

