

MINDFULNESS, MEDITATION & RELAXATION COURSE

“RECLAIM TIME FOR YOU & YOUR BEING”



Mindfulness is about being present, in the moment, paying attention with non-judgmental awareness and acceptance.

What we will consider during the 8 week course:-

- How we can change course from auto-pilot and become more present.
- What are thoughts and thinking?
- The power of the breath and meditation.
- How we can be mindful daily.
- Connections between our minds and body's.
- Avoidance and allowing.
- Kindness and compassion to self and others through mindfulness.
- Cultivating a mindful being.

This 8 week course will run weekly on Tuesday evenings starting 11th October (except half term week), 7-9pm at The Holistic Centre, The Barn, Bridge St, Godalming, Surrey GU7 1HL. **Cost is £200**

So what might mindfulness do for you?

- Assist in reducing stress levels.
- Bring you into the present ie the 'NOW' instead of functioning in the past, the future or on auto-pilot.
- Enable you to stand back and get a better perspective.
- Help calm your thinking and scattered mind.
- It can help you to observe challenging situations from a more centred and peaceful place and so enable you to better 'respond'.
- Encourage a more positive outlook and help reduce mood swings and irritability.
- Support you in managing emotions more easily - eg sadness, anxiousness or anger.
- Enable you to become even kinder and more compassionate to yourself and others.
- Invite more peace and wisdom into your life.
- Improve your happiness...and more!

"A most wonderful 8 week course where we could spend time learning an incredible life-style of mindfulness! I am forever grateful and would truly recommend that everyone attends this course if they want to get more from the life we have been given"
- Tiffany, Ripley

Venue: The Holistic Centre, Godalming GU7 1HL

The course is available to all whether or not you've done anything like it before. To enquire/book visit www.sensethesense.com or contact Carmen O'Connor on Mobile: **07974 717 787** or Email: carmen@sensethesense.com



Approved Reiki Master Teacher, Mindfulness & Meditation Instructor & Complementary Therapist