



Introducing Mindfulness One-Day Workshop

Mindfulness is an approach to life that facilitates awareness of the present moment and cultivates an attitude of acceptance of whatever our experience is, just as it is, in each moment. Ultimately, it nurtures a more accepting and compassionate attitude toward ourselves and others.

Mindfulness has been shown to be beneficial in a wide range of difficulties, ranging from physical pain to recurrent depression. It can improve the quality of our lives as a whole, irrespective of our reasons for wanting to do it. Although, it is not specifically a relaxation technique, a sense of calm and equanimity is often experienced and is an added bonus.

Every one of us can derive great benefits from regular Mindfulness practice. It is not a miracle cure but over time, it can greatly improve our overall sense of wellbeing, on physical, emotional and psychological levels.

This one day workshop will offer an introduction to Mindfulness with an opportunity to engage in specific meditation practices to gain an understanding of how Mindfulness can be integrated into everyday life.

The day will be facilitated by Gareth Clode, Accredited Breathworks Mindfulness Trainer and Elaine Sketchley, MBACP., B.A. (Hons.) Psychology, Dip. Couns., Dip. Mindfulness, Meditation and Stress Management Instruction.

Saturday 4th February 2012
10:00 - 16:30
at
Bridgend Carer's Centre
Park Street
Bridgend
CF32 1ZZ

Cost: £50 or £30 concession
for more details or to book
call 07432 836 982
or
Book online now!
www.liveinmindfulness.co.uk