



Mindfulness for Health and Wellbeing

What is Mindfulness?

Mindfulness involves learning to notice what is going on in our hearts, minds and bodies in the present moment in an accepting and non-judgemental way. It helps us to move away from our habitual patterns of dwelling in the past and future, which often creates stress and anxiety, enabling us to become more present in the moment. A wide range of research studies has demonstrated this to have a beneficial impact upon both cognitive and embodied processing.

The course helps to develop practises which transform negative and reactive mind states, in order to reduce suffering.

Mindfulness encourages a movement towards awareness and open heartedness and fosters loving kindness and compassion towards ourselves and others.

What does this course involve?

The course is run weekly over an 8-week period. Each class lasts for 2 hours.

Mindfulness is an experiential course allowing participants to engage in a number of Mindful practises as well as group exercises and discussion.

Some of the practises involved are: –

Awareness of Breath and The 3 Minute Breathing space

- Body Scan
- Sitting Meditation
- Mindful Movement (including stretching and walking).
- Loving Kindness and Compassion Meditations.

In order to get the most out of the class, participants will be encouraged to engage in home practise between courses. Making the time for a regular daily practise of meditation can feel challenging but most people find it becomes worth the effort.

Educational handouts and a CD will be provided.

Who is the course suitable for?

The course is suitable for adults aged 18 and above who want to learn Mindfulness as an aid to wellbeing. Mindfulness is generally good for everyone; it is not necessary to have a specific problem to benefit from the course.

What are the benefits?

Recent discoveries in neuroscience have shown that it is very helpful for those who suffer from a range of physical and psychological difficulties. Only 8 weeks of Mindfulness meditation, averaging 27 minutes a day can cause positive changes in the structure of the brain.

The majority of people who take the course report lasting benefits including:-

- Increased ability to relax
- Greater energy and enthusiasm for life
- Heightened self-confidence
- Increased ability to cope more effectively with stressful situations
- Being kinder and more compassionate to self and others
- A greater sense of wellbeing

If you are interested in this course please call telephone 01534 840761 or email us enquiries@thetaracentre.co.uk