

# MINDFULNESS RESILIENCE COURSES

Option 1	Option 2
<p><b>Full 8 session course based on the classic Mindfulness Based Stress Reduction Course</b></p> <p><b>Wednesday evenings 7 – 9pm</b> <b>9<sup>th</sup> Feb to 30<sup>th</sup> March 2022</b></p>	<p><b>4 session Foundation Course to learn mindfulness for wellbeing and thriving</b></p> <p><b>Tuesday evenings 7 – 9pm</b> <b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and 29<sup>th</sup> March 2022</b></p>

## Who is the course suitable for?

This course is suitable for anyone who wishes to enhance their wellbeing, get more in touch with their personal values and learn skills to thrive in today's every changing world rather than simply survive. It can also be useful for individuals experiencing stress, anxiety, low mood. The 8 week course goes into more depth.

## Course information:

- Mindfulness is a mental training that reduces the tendency to go through life on autopilot. Rather than worrying about what has happened or what might happen, mindfulness training offers potential to respond skilfully to whatever is happening right now.
- In both the courses, there is a strong focus on learning practical skills that can be applied in everyday situations at home or at work.
- This training is useful even if you currently use a mindfulness app or occasionally practice. Mindfulness apps are great to help you maintain a practice but this is a course to develop a set of practical skills. We cover all kinds of topics and exercises that apps do not cover. The key focus is to bring mindfulness into your everyday life and your interactions/communications with people etc so that you 'live more mindfully' and not just 'do mindfulness practices'.
- This evidence-based training programme has been shown to lead to significant increases in general well-being and emotional health.

*'Since doing the training I am able to step back from my thoughts and get less caught up in unhelpful thought loops. As a consequence, I feel calmer and more in control.'*

*I am starting to be more aware of what is 'going on' inside me. It means I can more often respond rather than react when my children are being challenging.'*

**Details:** Training is conducted via zoom and there are two options you can join:

**Option 1:** 8 x 2 hour sessions. 7 – 9pm on Wednesdays  
9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> Feb, 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> March,

**Option 2:** 4 x 2 hour sessions. 7 – 9pm on Tuesdays  
1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and 29<sup>th</sup> March (no class on 22<sup>nd</sup> March)

To attain the full benefits of the course, participants need to be able to attend all the sessions.  
Groups are limited to 10 for personalised learning

**Course fee:** £65 for the 4 session course and £130 for 8 session course  
(includes tuition, all guided practices as MP3, handouts). CPD Certificates on request.

**Course facilitator:** Annika Muller, an experienced mindfulness teacher,  
delivering many well-received mindfulness courses for the Oakdale Centre.

*'I am starting to use the skills to move in the direction I want to go, rather than get side-tracked by negative thinking.'*

*It's really helped now that I am working from home. My work/life balance was blurring but now I am more focussed and less distracted 'at work', and more able to be engaged with my home life when 'at home' (rather than thinking about work!).*

**To register interest/book for one of these courses, please contact the On The Mind.  
Don't hesitate to get in touch for more information or to ask questions.**