



value – nurture – flourish

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8 – Week Mindfulness Course

Winchester: September – November 2010

What is Mindfulness? Mindfulness is a form of meditation that cultivates awareness of the present moment and can help us to move towards greater levels of health and wellbeing. Mindfulness is about being awake and aware and living in the present rather than dwelling in the past or worrying about the future. Living in the present moment can generate energy, clarity and joy. Developing greater awareness can open us to being able to change how we approach our experiences – taking more pleasure in the good things and dealing more effectively with difficulties.

Most people completing the programme report lasting benefits including:

- Improved ability to cope more effectively with both short and long-term stressful situations
- Increased ability to relax and experience calm
- Greater energy and enthusiasm for life
- Improved self-confidence and more acceptance of life as it is today.

Who might consider attending a mindfulness course? Mindfulness has much to offer to those of us looking toward bringing more meaning to our lives and our relationships. This programme is known to benefit people with a wide range of physical and emotional difficulties, but it is not necessary to have specific health problems to find it helpful.

Mindfulness can help at particular times in life: *physical disturbance* such as with fatigue, headaches and high blood pressure and *life stressors* such as academic pressure, workplace demands or life events. This course is not for people with psychological difficulties such as severe depression or anxiety.

Over the years the popularity of mindfulness has grown. It is now offered throughout the UK in both the NHS and private sectors to people looking for support with the challenges that we face. The skills learned are tools for life.

Serenity is not freedom from the storm but peace within the storm.

What lies behind us and what lies ahead of us are tiny matters, compared to what lies within us.

Ralph Waldo Emerson

Introductory Session - This session, led a few weeks before the start of the course, provides you with an opportunity to learn more about mindfulness and the course itself. You will meet myself and other course participants and have the chance to ask questions. If necessary you will be able to arrange a time to talk with me individually. Your deposit cheque will not be banked until after this session – see application form for more details.

Course Outline – This is an 8 week programme of 2 hour classes, consisting of mindfulness meditation and cognitive exercises. There are opportunities during the classes to discuss and reflect on your experiences with myself and your fellow participants. The course is not a therapy session.

Participants are also invited to carry out a daily mindfulness meditation practice of approximately 45 minutes in duration in between classes guided by professionally recorded CDs. The benefits of meditation can only be experienced through practice; just knowing in a scholarly way about meditation is not enough. You are strongly encouraged to do the homework set on the course so that by the end of the 8 week period you will be in a position to develop your own daily mindfulness practice. Through this practice at home you will have begun to see the benefits of meditation in your own life which will give you the incentive to devote time to this way of nurturing yourself. This is the aim of the course. After the course you will be invited to join Steps Ahead for monthly meetings and retreat days to support your meditation practise.

Support during the course – During the course there is little scope for discussing any individual personal problems, and it may be helpful to ask a friend, or if appropriate a therapist, to be available for support during the course. Though I am unable to give therapeutic support, I encourage you to contact me between the sessions if you have any difficulties in connection with the course itself.

Instructor - Penny Nicholas has worked in the field of personal development for over 10 years. Inspired by the discipline of mindfulness in her own life she looks forward to sharing with you a range of practices to introduce you to mindfulness meditation. She trained in this discipline through Bangor University.

WHEN:

Introductory Evening: Tuesday 7th September, 7 – 8.15pm

Classes: Tuesdays, September 28th – November 23rd excluding half term on 26th October, 7-9pm

WHERE: The Dove Clinic, The High Street, Twyford, SO21 1RG

COST: £240

The cost includes the 8 weekly sessions, course handbook and practice CDs along with email or telephone support.

HOW TO APPLY: Please complete and return the attached application form.

I look forward to meeting you

‘Each day we are born again to start our life anew. What we are today is what matters most.’

Buddha

