



# Mindfulness Stress Reduction 8 week Programme starting Wednesday September 29th 7.00-9.00pm @ The Consulting Rooms 34 West George Street Glasgow G2 1DA

The aim of the course is to help you to develop an in-depth personal experience of Mindfulness so that you can apply this to your daily life to help you deal with the various stresses that Life presents you with, from workplace stress to managing ill health. Often we find that our lives are on automatic pilot and we feel out of touch with ourselves, our bodies and our emotions. Learning to cultivate our sense of well being and fulfillment can restore our health and lead to a happier and more wholesome life.

Christine has been practicing Mindfulness for several years and has completed training with Mindfulness Scotland, using Mindfulness for Clinicians and Mindfulness for Depression. She is also involved in a pilot group working with Mindfulness for trauma.

Christine is currently attending a years Mindfulness training at Samye Ling and has attended Mindfulness retreats with Rob Nairn In 2009 and 2010 and with Thich Nhat Hanh in 2010

Course Fee £130.00

Fee includes:  
weekly sessions 7.00-9.00pm  
1 whole day of practice  
(Saturday 30th Oct)  
All course notes and practice  
C.D's

For more information and booking  
details contact Christine by email or  
phone



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