

MINDFULNESS-BASED STRESS REDUCTION (MBSR)

5 DAY COURSE



“...what if it were possible to hold the whole of it in awareness and allow it to be just as it already is? That would be an incredible radical act.” Jon Kabat- Zinn

Although a natural state, it is necessary to train the mind in skilful ways to be able to access mindfulness. Regular practice enables us to listen more deeply to our lives and to respond more effectively to stress, pain, illness, relationships and the challenges and opportunities inherent in life in the 21st century. MBSR is an original 9 session group programme taught in hospitals, prisons, schools, work place and in a variety of community settings with over 30 years of clinical evidence supporting mental and physical recovery & maintenance of wellbeing. People who have taken the eight week course have reported that Mindfulness can help us to:

- ✓ cope with stress, anxiety, depression, illness, pain, anger
- ✓ feel more confident and resilient in being true to who we are
- ✓ find balance and peace in our busy lives & relationships
- ✓ deepen our experience and joy of living

HOW? Meditation practices include sitting, walking, lying, and gentle movement taken from hatha yoga.

WHEN? Classes will run over 5 Saturdays **from 10am to 5pm.**

29TH March 12TH April, 26TH April, 10TH May & 17TH May

WHERE? Liverpool Quaker Meeting Rooms Liverpool L1

PAYMENT: - £400 in advance / early bird before February 15th £350 -
includes weekly hand-outs, 4 C.D.'s & individual support as needed

Frances Collins is Managing Director of Compassion Field CIC. She has over 18 years established personal daily mindfulness meditation practice and for the past 7 years has taught MBSR & MBCT groups privately in various NHS & community contexts. She is a supervisor & trainer in Mindfulness- Based Approaches.

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