

Mindfulness: 6-week introduction course



Mindfulness - Finding Peace in a Frantic World: Have you heard of this **best-selling book** by Mark Williams and Danny Penman? This book is based on MBCT (Mindfulness Based Cognitive Therapy, an evidence-based curriculum recommended by NICE).

Mindfulness Course: Chris Cullen and author Mark Williams from Oxford Mindfulness centre have developed a mindfulness course (**M-FP**) based on this book. This course is being taught in community settings, higher education, in workplaces all over the world and in the UK Houses of Parliament. It provides a practical and accessible introduction to mindfulness, with 6 or 8 weekly sessions of 90 minutes and home practices of 10-20 minutes.

**Train in mindfulness with an evidence-based course
taught by a trained and experienced teacher.**

Small group, held in a friendly and safe atmosphere in a beautiful venue at Cowdray Hall.

Content:

- Weekly sessions offering practices, exercises and dialogue to explore and train in:
 - Being present vs on automatic pilot
 - Working with stress and managing difficulties
 - Developing a mindful approach to thoughts, sensations, feelings, with kindness and curiosity
 - Preventing down spiral from negative thought patterns
 - Increasing wellbeing and resilience
 - How to apply mindfulness in everyday life
 - Cultivate joy, self-care, compassion, equanimity and wisdom.
- A copy of the book: Mindfulness: Finding Peace in a Frantic World.
- CD and downloadable practices from Oxford Mindfulness Centre and from Sandrine

“Everything we do at the University of Oxford Mindfulness Centre builds from our world leading research. M-FP has already reached hundreds of thousands of people and has enormous potential to transform the lives of many more”. Professor Willem Kuyken, Director, University of Oxford Mindfulness Centre

Tutor: Sandrine Cranswick is a trained mindfulness teacher with 26 years of mindfulness and meditation practice and 7 years’ experience in teaching mindfulness in various settings. She is listed on the British Association for Mindfulness Based Approaches and follows the Good Practice Guidelines with a supervisor, yearly retreats and CPD training. She is trained to teach MBSR from Bangor University and MBCT-L, M-FP, graduates courses and Mindfulness in the Workplace from Oxford University Mindfulness Centre.

Venue: Cowdray hall, Easebourne.

Cost: £125 includes the 6 sessions, a M-FP book with CD and downloadable mindfulness practices, extra support from the tutor: weekly emails during the course and ongoing support and resources after the course. (£110 if you already have the book)

Booking: Please visit the [website](#) to fill out the booking form (under the title Finding Peace in a Frantic World) or [contact](#) us for more information.