

Mindfulness: Six-week course



**Train in mindfulness with an evidence-based course
taught by a trained and experienced teacher.
Small group, held in a friendly and safe atmosphere at Cowdray Hall.**

Thursdays 6-7.30pm 4 November to 9 December 2021

Mindfulness - Finding Peace in a Frantic World: Chris Cullen and Mark Williams from Oxford Mindfulness centre have developed this mindfulness course, based on the best-selling book by Mark Williams and Danny Penman. This course is a development of MBCT (an evidence-based curriculum recommended by NICE). M-FP is being taught in various settings all over the world. It is practical and accessible.

The course includes:

- 6 Weekly 90mins sessions with practices, exercises and dialogue to explore and train in:
 - Being present vs automatic pilot
 - Managing stress and difficulties
 - Developing a mindful approach to thoughts, sensations and feelings
 - Preventing down spiral from negative thought patterns
 - Increasing wellbeing and resilience
 - 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
- Weekly worksheets

Tutor: Sandrine Cranswick is a trained mindfulness teacher with 27 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 and other courses from Oxford University Mindfulness Centre.

Fee: £125. Please visit the booking page of the website (booking form under the title Finding Peace in a Frantic World) or contact me by email sb.cranswick@gmail.com or telephone **07976 751559**

www.mindfulness-midhurst.co.uk