



# Compassion based Mindfulness

FREE INTRODUCTION  
8th November

8 Week course starts  
15th November

6:30-8:30pm

Ware Arts Centre

Kibes Lane  
Ware

Mindfulness is an inherent capacity we all have to be aware of our present moment experience in a kind and non-judgemental way. It can be developed through systematic training and promotes a way of being that helps us take better care of ourselves and others, and lead healthier lives. It enables us to access inner resources for coping effectively with stress, low mood and illness.

The full Mindfulness Training is strongly experiential and offers a step by step journey into a deepening experience of being present and accepting ourselves as we are.

Recent scientific evidence states that meditation & compassion based mindfulness practices change the brain in a positive way

- ☀ Lower heart rate and blood pressure
- ☀ Relieve stress, anxiety, depression, and insomnia
- ☀ Increase ability to cope with difficult situations

## DATES

8th November  
15th November  
29th November  
6th December  
13th December  
20th December  
3rd January  
24th January  
31st January

Join us for an eight week journey into Mindfulness and meditation, with some mindful movement so wear something comfy.

Manual and audio files included.  
Price for 8 week course £175.

Spaces are limited - to book contact Jacqui

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