



Oakdale Centre

MINDFULNESS RESILIENCE COURSES

Delivered online via Zoom

<p>Option 1 Full 8-session course based on the classic Mindfulness Based Stress Reduction Course</p> <p>Wednesday evenings 7 – 9pm 9 Feb to 30 March 2022</p>	<p>Option 2 4-session Foundation Course to learn mindfulness for wellbeing and thriving</p> <p>Tuesday evenings 7 – 9pm 1, 8, 15 and 29 March 2022</p>
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Who is the course suitable for?

This course is suitable for anyone who wishes to enhance their wellbeing and learn skills to thrive in today's ever-changing world, rather than simply survive. It can also be useful for individuals experiencing any stress, anxiety, and low mood, as well as people who would like to develop and apply mindful awareness in their lives to manage thoughts/moods/interactions. The potential positive impact this can have on strengthening relationships with their children and young people make the 8-week version particularly a beneficial training for parents/carers.

'Since doing the training I am able to step back from my thoughts and get less caught up in unhelpful thought loops. As a consequence, I feel calmer and more in control.'

It's really helped now that I am working from home. My work/life balance was blurring but now I am more focussed and less distracted 'at work', and more able to be engaged with my home life when 'at home' (rather than thinking about work!).

Course information:

- Mindfulness is a mental training that reduces the tendency to go through life on autopilot. Rather than worrying about what has happened or what might happen, mindfulness training offers potential to respond skilfully to whatever is happening right now.
- In both the courses, there is a strong focus on learning practical skills that can be applied in everyday situations at home or at work.
- This training is useful even if you currently use a mindfulness app or occasionally practice. Mindfulness apps are great to help you maintain a practice, but this is a course to develop a set of practical skills. We cover all kinds of topics and exercises that apps do not cover. The key focus is to bring mindfulness into your everyday life and your interactions/communications with people etc. so that you 'live more mindfully' and not just 'do mindfulness practices'.
- This evidence-based training programme has been shown to lead to significant increases in general wellbeing and emotional health.

'I am starting to use the skills to move in the direction I want to go, rather than get side-tracked by negative thinking.'

I am starting to be more aware of what is 'going on' inside me. It means I can more often respond rather than react when my children are being challenging.'

Details: Training is conducted live online and there are two options:

Option 1: 8 x 2-hour sessions | 7 – 9pm on Wednesdays
9, 16, 23 Feb, 2, 9, 16, 23, 30 March

Option 2: 4 x 2-hour sessions | 7 – 9pm on Tuesdays
1, 8, 15 and 29 March (no class on 22 March)

Groups are limited to 10 for personalised learning

Course fee: **£65 for the 4-session course and £130 for 8-session course**
(includes tuition, all guided practices as MP3, handouts). CPD Certificates on request.

Course facilitator: Annika Muller, an experienced mindfulness teacher, delivering many well-received mindfulness courses for the Oakdale Centre.

**To register interest/book for one of these courses, please contact the Oakdale Centre
For more information or to ask questions, contact On The Mind directly**

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