

Integrating Mindfulness into our daily lives for health and wellbeing: Peace in a frantic World

Last course for 2016! November Monday evenings



Days can be relentless, frantic and exhausting – it doesn't have to be this way. Complete your year with life skills. Give yourself or another a treat, find peace in a frantic world and live with some ease.

This experiential workshop reveals a set of simple yet powerful practices that you can incorporate daily to help break the cycle of stress, anxiety, unhappiness and exhaustion. It helps promote a deeper kind of happiness that gets into your bones.

This workshop is based on evidence-based MBCT (mindfulness-based cognitive therapy). In the UK, MBCT is recommended by the UK's National Institute for Health and Clinical Excellence for helping prevent risks of recurrent depression. Importantly, it also supports rest of the community who at times struggle to keep up with the constant demands of the modern world. It provides a breath of fresh living through helping people get in touch with their wellness and understand the mind and body.

BEGINS Monday 14th November 2016

4-weeks, 645pm-845pm each week, Venue: Richmond, Christchurch

Who is it for?

- ✓ Anyone coping with everyday stresses who wish to live with some ease, through developing awareness
- ✓ Anyone who has completed a Mindfulness Works introduction or any other workplace introduction or have heard about mindfulness and would like a direct and integrative structure to practice
- ✓ Anyone who is looking for a way to support their mental health and overall wellbeing.

Email: eLosparks@yahoo.com **or text** 0210 250 6597 with your name and email to register.

Fees includes resource materials: \$220 (special end year subsidy usual \$260).

(minimum of 8 participants for course to begin)

Facilitated by Lin Ong

Lin, like you, is a human being who encounters the ups and downs of life and the universal wish to be in touch with happiness and peace, and has experienced moments of this in mindfulness practice. She invites you to embrace this path of discovery in the ongoing journey.

Lin is a Mindfulness Works facilitator and trainer. She has a background in psychology, social work, counselling, coaching and facilitates mindfulness in various contexts. She is trained to offer MBCT through the Oxford Mindfulness Centre (OMC), UK supervised pathway and is an OMC Associate. Lin is deeply grateful to people such as Prof Mark Williams and Prof Jon Kabat-Zinn and her supervisors from OMC, as well as her other precious Teachers from various walks of life, her family and friends.

Her motivation is to work alongside you in a way that enlivens and empowers so that you can benefit yourself and others.

Info: www.naturenurtureparks.com