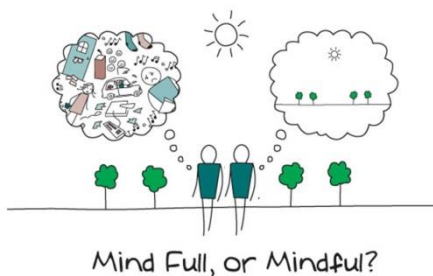




Mindfulness Workshop

4th May 2017 at Woolenwick Junior School

Doors open: 6pm Session time: 6.30pm - 8pm



During the session we will be looking at:

What is mindfulness?

What mindfulness is not?

Sitting and noticing the beginners mind.

How to settle the mind, enabling us to release ourselves from our habitual grip on distraction.

How could mindfulness help in our everyday lives?

We would like to invite you to attend the introduction to mindfulness workshop; mindfulness is about being in the present moment. Many of us are either looking back at the past situations, or stressing about the future, seeing life like this can cause stress, anxiety, depression and general unhappiness. When we stay in the present moment, the mind quiets and peace can be found.

The mind is made to think, that's just what minds do, but most of us are unaware of how the mind flits from one thought to another; have you ever watched your mind? How is the mind making you feel? Are we reacting in a positive or negative way? Are our thoughts causing us stress, happiness, sadness? Are our thoughts true?

Through the process of mindfulness we learn to train our minds: to become more aware, more mindful to our responses, and less reactive to the world around us.