

# Mindfulness-based Cognitive Therapy for Wellbeing



**Mindfulness**  
8-week Courses with Nick Diggins

**Wake up to your Wholeness**

Mindfulness-based Stress Reduction  
Wednesdays 11am - 1.10pm, Hove  
Thursdays 7.30 - 9.40pm, Hove  
Fridays 11.00am - 1.10pm, Lewes

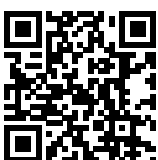
Mindfulness-based Cognitive Therapy  
Mondays 7.30 - 9.40pm, Lewes  
Saturdays 11am - 1.10pm, Brighton

**FREE TALKS**  
See website for details

[www.mindfulnessforwellbeing.co.uk](http://www.mindfulnessforwellbeing.co.uk) 07948 795645

Location **South East, East Sussex**  
<https://www.freeadsz.co.uk/x-443439-z>

7.30-9.40pm for 8 weeks starts 3rd October and ends 28th Nov (with no class on 31st Oct). Cost £175 (£125 conc). Mindfulness-based Cognitive Therapy for Wellbeing - 8 Week Course Mindfulness has been used for thousands of years to promote well-being. It is now widely recognized as being a powerful tool that can help anyone enhance their appreciation of life, manage stress and other challenges, and improve performance in activities and tasks. Mindfulness particularly helps reduce 'over thinking' which for all of us can so easily reduce our enjoyment of life. Many people have also reported finding mindfulness very helpful in both their personal relationships and work roles. Although MBCT was originally designed to help people manage depression this is a 'generalised' version of MBCT course that is relevant for everyone wanting to live more fully and maintain a sense of balance and inner harmony though life's ups and downs. The course includes a substantial course handbook and a wide selection of guided mindfulness meditation tracks. For booking call 07948795645 079487956... (click to reveal full phone number) or email via the contacts page on [www.mindfulnessforwellbeing.co.uk](http://www.mindfulnessforwellbeing.co.uk). [Type a quote from the document or the summary of an interesting point. You can position the text box anywhere in the document. Use the Text Box Tools tab to change the formatting of the pull quote text box.] If you are considering booking on this course I highly recommend, if possible, also booking on the 'All Day' of mindfulness practice (details on my website). Nick is a fully certified and highly experienced mindfulness teacher. He has taught more than one hundred 8-week mindfulness courses. He has an MA in Teaching Mindfulness-Based Courses and is an Associate Teacher and Supervisor for the Mindfulness Network.



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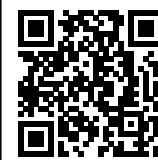
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