


# Mindfulness-based Stress Reduction (MBSR) - 8 Week Course (0702 GBP)



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

**Wake up to your Wholeness**

Summer Intensive Mindfulness Course  
30th July - 7th Aug (see website for details)

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-443440-z>

Mindfulness-based Stress Reduction - 8 Week Course 8 Friday mornings 11.00am-1.10pm Starts 7th Oct and ends 2nd Dec (with no class on the 28th Oct). Mindfulness has been used for thousands of years for promoting a general sense of wellbeing. 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 can then increase our enjoyment of life and make us more effective in whatever we do. Mindfulness-based Stress Reduction (MBSR) is an 8-week course in how to use mindfulness in daily life. It is used widely around the world now for the general public and in workplace settings and is appropriate for anyone wishing to live life more fully. MBSR was originally designed by Jon Kabat-Zinn to help people manage the stress of chronic pain and extreme health conditions but has also been scientifically shown to reduce stress in healthy people too and bring a range of other benefits. In controlled trials it has also been shown to reduce anxiety. In fact, one study has shown MBSR can reduce anxiety by 70%. Many people have also reported finding mindfulness very helpful in both their personal relationships and work roles. In fact a participant on one of Jon Kabat-Zinn's courses once stated "This isn't stress reduction. This is my whole life!" The course includes a substantial course handbook and nearly 400 minutes of assorted guided mindfulness meditation tracks. For booking call 07948795645 079487956...(click to reveal full phone number) or contact me via the contacts page on [www.mindfulnessforwellbeing.co.uk](http://www.mindfulnessforwellbeing.co.uk). 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 CIC.



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