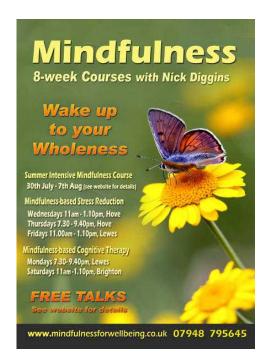
Mindfulnes-based Stress Reduction (MBSR) - 8 Week Course (0702 GBP)



South East. East Sussex Location 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. 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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