

Mindfulness course 8 weeks from Thursday February 16th 7-9pm at the Friends Meeting



Location

South East, East Sussex

<https://www.freeadsz.co.uk/x-492300-z>



In this course, we'll be exploring ways of being more present in our lives and of meeting the challenges and difficulties of our lives with more ease, awareness and stability. At the core of the course is the intention to cultivate a more loving and accepting - a less judgemental - attitude towards ourselves and, though this, towards others and the world. There is a strong emphasis throughout the course on learning through experiential practices such as sitting and walking meditations, cultivating awareness of the body through the body scan (typically done lying down) and mindful movement. Other practices bring mindfulness to everyday activities such as eating, cleaning your teeth, going up/down stairs, working on computer - we can bring mindfulness to any and every activity and be more in touch with many more of the moments that make up our lives. A lot of the learning in the course comes from sharing experiences of the practices in the group - the difficulties as well as the breakthroughs and insights. Each week, suggestions for home practice are made with a coursebook and CDs or downloads of guided practices to support this. The course includes a day of mindfulness on Sunday March 19th 10.30am - 4pm. After the course ends, there are monthly continuations sessions to further explore ways of bringing mindfulness into our lives. There are also days of mindfulness from time to time to have a more extended time to experience the stillness and connection that is available with mindfulness. Cost: £160 waged, £120 low-waged and £100 unwaged (neg.) ;



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