

# MASTER YOUR CRAVINGS & ADDICTIONS!

Venue: Northstowe College, Cambridgeshire, CB24 1AA



5 x Tuesday afternoons Oct. 29<sup>th</sup> to Nov. 26<sup>th</sup> 2019, 12.30-2.30pm

<b>Target Group</b>	Anyone who wants to reclaim their power from an unhelpful 'inner-demon' of craving!
<p>This course is NOT about using your willpower to fight or repress your cravings – that rarely works for long and can result in a 'bounce-back' that is worse than ever due to erosion of self-confidence by repeated failure– as in “yo-yo dieting”!</p> <p>Instead the approach we are using is based on 'mindful self-transformation' in which we stop all fighting and self-recrimination in favour of befriending and exploring the root of our craving so that we can find and heal an underlying old wound or loss, meet a long-term unmet need [in a healthier way], or resolve an old frustration – whichever the case may be!</p> <p><b>YourTutor:</b> Dr. Mike Meredith is a professional stress management coach, holistic healer and lifeskills trainer, who has mastered many addictions and cravings of his own, including caffeine, sugar, chocolate, co-dependency and smoking.</p>	
	
<p>More about your Tutor: <a href="http://www.stress-counselling.co.uk/ADMIN/mikemeredith.htm">www.stress-counselling.co.uk/ADMIN/mikemeredith.htm</a></p>	
<b>Skills or qualifications needed for entry into the class?</b>	
<p>You will need an open mind to try new experiences and a functioning email address - classes are supplemented by email + web-based resources &amp; online videos.</p> <p><b>You will be required to sign a confidentiality agreement so that everyone can feel safe sharing personal experiences.</b></p> <p>HOME PRACTICE: you are required to invest at least 30 minutes per day practising the skills &amp; techniques taught.</p>	
<b>Materials required for each class</b>	Something to lie on, pen & notepad. Please wear comfortable, loose-fitting clothing – some gentle 'Qi Gong self-empowerment + movement medicine' exercises are included.
<b>Further training opportunities</b>	We also provide “Alternatives to Medication for Anxiety & Depression” courses and other personal development workshops, see tutor website for details: <a href="http://www.sunflower-health.com/workshops.htm">www.sunflower-health.com/workshops.htm</a>
<b>Tutor Contact</b>	Michael J. Meredith: <a href="mailto:mike@fullyalive.me.uk">mike@fullyalive.me.uk</a>
<b>BOOKING</b>	<p>Course Fee: £50</p> <p><b>Book via Swavesey College Community Education Office: 01954 234488</b> or email: <a href="mailto:community@swaveseyvc.co.uk">community@swaveseyvc.co.uk</a></p>
<p><b>Equalities statement</b></p> <p><i>“The County Council operates an Equality of Opportunity Policy. We will ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all can access activities. If you have any specific needs which might affect your learning you are entitled to a confidential interview where we can look at the support you require. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a learning community based on mutual respect and trust.”</i></p>	