



DYNAMIC MINDFULNESS COURSE

Sept. 17th to Oct. 29th 2018 - 5 Mondays 7-9pm
 [NO CLASS ON OCT. 1st or 22nd]

Swavesey Village College, Cambridgeshire, CB24 4RS



- Mindfulness -



MIND-LESS

stressed, scattered,
troubled, distracted

happiness, peace
& security
dependent on
circumstances

MIND-FULL

"at home" in the
present moment

has tools for
transforming
stress & creating
wellbeing

More Information: www.fullyalive.me.uk

To LIVE MINDFULLY is to have a multidimensional "At home!" experience in the present moment.

To LIVE MINDLESSLY is to have a poorly-nourishing, poorly-fulfilling, somewhat-disconnected experience in the present moment.

In MINDLESS LIVING we shut-down or shut-out the full truths and rich, full aliveness of the present moment.

In MINDFUL LIVING there is appreciation and savouring of what life brings in each moment coupled with seeing and seizing the endless flow of opportunities for inner peace and fulfilment.

In MINDLESS LIVING there is restlessness and dissatisfaction - constant warfare between 'THE LIFE I HAVE' and 'THE LIFE I WANT'.

In MINDFUL LIVING restlessness and dissatisfaction are simply reminders to employ the tools we have learned for self-centering, self-stabilising and attunement, in order to harness and transform the powerful energy and guidance that stress and unhappiness provide.

In MINDFULNESS TRAINING we un-learn the self-destructive, self-sabotaging habits that prevent us from living fully in the 'Here and Now!' and replace them with a return to the joy of, and wonder at, the magic of being alive!

Suitable for...

All levels of experience – except learners with restricted mobility who should contact the tutor for an alternative form of mindfulness training.

Skills needed for entry into this class

You will need an open mind and willingness to try new experiences. This is an holistic course [includes mindful movement, body language & posture + emotional mindfulness] so unsuitable for learners with very restricted mobility – contact us for an alternative.

Classes are supplemented by email + web-based resources & online videos.



ABOUT THIS DYNAMIC MINDFULNESS COURSE

Dynamic Mindfulness is mindfulness training that focusses on your 'here and now' mindful actions, challenges, needs & opportunities, rather than focussing on academic, or only the "chilling-out", aspects of mindfulness

Mindfulness is the ultimate way to reduce stress, explore your inner world and open the door to inner peace, creativity and insight - a mind-body awareness based approach that helps people change the way they think and feel about their experiences - especially stressful, frustrating or miserable experiences.

Whether you want to learn new techniques for coping with stress in the workplace or at home, manage anxiety or depression or improve your concentration, energy levels, career prospects and enjoyment of life, Mindfulness brings a fresh approach to your stuck situations.

'Mindfulness training' is about awakening our awareness of mind, body and emotions to the full truth of what we are feeling and choosing in the present moment, so that we can make wiser, more self-empowered choices, rather than be a prisoner of unconscious habits. It's about being fully alive 'HERE and NOW', rather than 'splitting off' into brooding about the past, or unhelpfully worrying about future possibilities that might never happen.

Living life on autopilot or "constantly stressed-out" is bad for our health, our wellbeing, our success and our relationships. "MINDFULNESS" training is the tool-kit for turning our life around - for breaking out of the cycle of self-sabotaging negatives and creating the positive-cycle uplifting life experiences that we really want - a life that works for us and nourishes us!

More about Mindfulness: www.fullyalive.me.uk

More about your Tutor: www.stress-counselling.co.uk/ADMIN/mikemeredith.htm

Course Overview

Week 1: Mindful Techniques to Self-Centre & Self-Empower

Week 2: Shift Stuck Moods, Low-Energy or Wound-up Energy

Week 3: Mindful Communication + Control of Worries & Inflexibility

Week 4: Simple Pleasures - Get More out of Daily Life!

Week 5: Mindfulness-based Stress-Reduction [MBSR]

This course will...

- Teach you about the nature and scope of 'Mindfulness' [enhanced awareness + expanded choices] + the art of Mindful Living as it relates to your daily life;
- Provide hands-on experience of practical Mindfulness Tools & Practices;

You will learn how to...

- Slow your mind when it is over-active
- Walk with health & wellbeing - mindful of your posture & body language
- Be more aware of your feelings, mood & energy level
- Transform the way you feel & behave in stressful or self-sabotaging situations

Teaching and learning methods used

An experiential, non academic approach is required for sustainable benefit from training in a lifeskill like Mindfulness, so every week there will be practical & interactive exercises + sharing your challenges & successes.

You will be required to sign a confidentiality agreement to allow everyone safe participation in in class sharings & discussions.

There will be practical exercises and questionnaires. HOMEWORK: 30 minutes per day will be required to practise the techniques taught. Each class is accompanied by a follow-up email giving access to supplementary online learning materials.

Tutor Contact for content info:

Mike Meredith: www.sunflower-health.com/forms/enquiry.htm

BOOKING CONTACTS:

Tel. Adult Education Office at Swavesey College on 01954-234488 OR email: community@swaveseyvc.co.uk

Enrolment & payment

Booking forms are available from the website www.swaveseyvc.co.uk or from the College. You can also enrol by phone on 01954 234488. Payment can be made by cheque payable to Swavesey Village College, cash or credit/debit card in person, over the phone or by completing the section on the booking form and posting it to the College. Please note that refunds can only be made if a class is cancelled or closed.

Equalities statement

"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 we build a learning community based on mutual respect and trust."