


INNER PEACE - WITHOUT SPLITTING-OFF!

Impington Village College, Cambridge, CB24 9LX

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| Course Title: | Inner Peace - Without Splitting-Off! | | Programme Area | |
| Course Dates: | Sept.27th -Nov. 1st [no class on Oct. 25th] 2018 | Length of sessions: | 2 hours [7-9pm] | |
| Length of course | 5 Evenings | Autumn Term | Thursday Evenings | |
| Full Course Fee: £50 - Concessionary Fee: £40 | | | | |
| Course Level: | Mixed ability | | YES | |
| | Beginners | | YES | |
| | Improvers | | YES | |
| Target Group | People stressed or depressed by the pressures & demands of their life. | | | |
| Resolve the Inner Warfare which Traps You in Mental & Emotional Turbulence! | | | | |
| <p>We can glimpse Inner Peace for a short time by "Splitting-Off" [from our worries, troublesome emotions and self-doubts] into a world of distractions, fantasies, daydreaming, illusions or self-deceptions, but we can't escape reality for long and will inevitably 'crash back to earth' in due course!</p> <p>Fortunately, most of our stress, anger and misery is not actually due to what life brings our way – most of our discomfort and distress is actually due to how we internally respond to what is happening in our life. This is why what is stressing us most right now may actually not be stressing to someone else – someone else may experience the same events, not as demands, pressures or "This should not be happening!" but as exciting challenges, opportunities [to show what we are made of!] or 'learning and growth' opportunities</p> <p>How can we turn around the stressful or miserable aspects of our life so that we can respond with un-forced positivity rather than negatively, or via denial or escapism?</p> <p>★ Week 1: Grounding, Centering & Emotional Clearing Techniques; ★ Week 2: Reflective Practice – Unwrapping the drama! ★ Week 3: Understanding Inner Splits – the real cause of your distress! ★ Week 4: Healing Inner Splits restores wholeness, resourcefulness & flow-living; ★ Week 5: Advanced Practices & Tools for Inner Peace</p> | | | | |
| <p>More about your Tutor: www.stress-counselling.co.uk/ADMIN/mikemeredith.htm</p> | | |  | |
| Any skills or qualifications needed for entry into the class | | | | |
| <p>You will need an open mind and willingness to explore new experiences. This is an holistic course [includes mindful movement, meaningful living + emotional mindfulness]. Classes are supplemented by email + web-based resources & online videos.</p> | | | | |
| Course Aims | | | | |
| <p>[Includes Vipassana & Loving Kindness meditation practices]</p> <ul style="list-style-type: none"> • To deepen understanding of the psychodynamics of insecurity, low mood, 'burnout' and mental distress • To provide an intelligent, supportive & nurturing environment for unwrapping & transforming the common human 'inner demons' of mental & emotional self-sabotage • To equip attendees with hands-on experience of powerful tools for transforming states of 'peacelessness'. | | | | |
| Teaching and learning methods used | | | | |
| <p>An experiential approach with practical & interactive exercises every week + sharing f personal journeys of self-empowerment, increasing inner peace & self-transformation.</p> | | | | |

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| Each class is accompanied by a follow-up email giving background to class exercises + supplementary online learning materials. | |
| How progress and success will be recorded | |
| You will be required to complete a TRACKER FORM: for self-recording of progress against course aims. Performance in the exercises and homework [integration of the course skills & tools into everyday life] | |
| Additional Course Cost (e.g. visits, materials, books, equipment) | |
| None. | |
| WHAT YOU NEED TO BRING TO THE FIRST CLASS! | <p>An open mind, curiosity, and willingness to explore new experiences.</p> <p>You will be required to sign a confidentiality agreement to allow everyone safe participation in in class sharings & discussions</p> <p>The course homework includes internet-based training so access to the internet and an email address will be needed between classes.</p> <p>Notebook and pen. Mat to lie on.</p> |
| Further training opportunities after this course... | <p>The "Emotional Detox" course is recommended for further mindfulness & lifeskills training: http://www.sunflower-health.com/courses/detox.htm</p> <p>See also tutor website: www.sunflower-health.com/workshops.htm for related further events & courses.</p> |
| <p>Equalities statement</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> | |
| Tutor Contact: | Michael Meredith: mike@fullyalive.me.uk |
| BOOK YOUR PLACE! | <p>Cheques should be made payable to Impington Village College. Cash in person to the Office only. Bookings and payments can also be made over the telephone on 01223 200411 using a credit or debit card.</p> <p>Enquiries to: adultlearning@impington.cambs.sch.uk</p> |