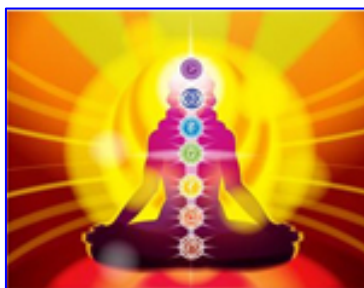





MINDFULNESS CERTIFICATE COURSE

Nov. 5th to Dec. 3rd 2018 - 5 Mondays 7-9pm

Swavesey Village College, Cambridgeshire, CB24 4RS



Suitable for You?	<p>This is a CERTIFICATED course for those who have already done Dr. Mike Meredith's Basic Dynamic Mindfulness Course AND are meditating regularly.</p> <p>This is an holistic course [includes mindful movement, meaningful living + emotional mindfulness]. You will be required to sign a confidentiality form to ensure safe sharing in the group. 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.</p>
Course Overview	
<p>An advanced course to develop further your range and application of mindfulness techniques for enrichment of personal or workplace life.</p>	
<p>On successful completion of this short additional Mindfulness course, trainees will have a foundation from which to teach basic-level Mindfulness & Meditation and a course attendance and achievement qualification certificate will be provided free.</p> <p>Dynamic Mindfulness is mindfulness training that focusses on your 'here and now' mindful actions, decisions, challenges, needs & opportunities, <i>rather than focussing</i> on academic, or only the "chilling-out", aspects of mindfulness.</p> <p style="text-align: center;">More about Mindfulness: www.fullyalive.me.uk</p> <p style="text-align: center;">More about your Tutor: www.stress-counselling.co.uk/ADMIN/mikemeredith.htm</p> <p>Week 1: Opening up New Levels of Inner & Outer Experience! Week 2: Reflective Practice & Advanced Self-Integration Week 3: Mindful Transformation of 'Symptoms' & 'Upsets' Week 4: Strategic Mindfulness for a Dynamic, Fulfilling Lifestyle! Week 5: Mindful Mentoring of family, friends, colleagues</p>	
Tutor Contact for eligibility & content enquiries:	<p>Mike Meredith: www.sunflower-health.com/forms/enquiry.htm</p> <div style="text-align: right;">  </div>
BOOK YOUR PLACE:	<p>This a FREE COURSE! - You can enrol by contacting the Adult Education Office at Swavesey College on 01954-234488 OR email: community@swaveseyvc.co.uk</p>

Cost & Enrolment: 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.”