



MINDFULNESS CERTIFICATE

PART 2 COURSE

Jan. 22nd to Feb. 26th 2020 - 5 Wednesdays 7-9pm

[no class on Feb. 19th]



Suitable for You?	<p>A CERTIFICATED course for those who have already done one of Dr. Mike Meredith's basic Dynamic Mindfulness Courses AND are integrative meditating regularly.</p> <p>This is an holistic course - includes mindful movement, mindful living skills, feeling, impulse & intuition mindfulness. You will be required to sign a confidentiality form to ensure safe sharing in the group. HOMEWORK: 30 minutes per day required to practise the techniques taught. Each class is accompanied by a follow-up email providing session notes + 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 You will have a foundation from which to teach basic-level Mindfulness & Meditation - a course attendance + achievement qualification certificate will be provided free.</p> <p>Dynamic Mindfulness is an holistic approach 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>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> <p style="text-align: center;">More about Mindfulness: www.fullyalive.me.uk More about your Tutor: www.stress-counselling.co.uk/ADMIN/mikemeredith.htm</p>	
Tutor Contact for eligibility & content enquiries:	<p>Mike Meredith: www.sunflower-health.com/forms/enquiry.htm</p> <div style="text-align: center;">  </div>
TO BOOK YOUR PLACE [£50]	<p>Online at: www.parentpayshop.co.uk/schools/8734007/adulted-2019.html Or contact the Adult Education at Swavesey College on 01954-234488 OR email: community@swaveseyvc.co.uk</p>

Equalities statement

Cambridgeshire 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.