



Sawston Adult Education

Sawston Village College, Cambridge CB22 3BP



Course Title:	Mindfulness Day	Programme Area:	Sat. Workshops
Start Date:	20/1/18	Time:	10am-4pm
Tutor name:	Michael J. Meredith www.fullyalive.me.uk		
No. of weeks:	1	Terms:	1 Days: 1 Saturday
Concessionary Fee	£26	Full Course Fee	£35
Course Level:	Mixed ability	✓	
	Beginners	✓	
	Improvers	✓	
	Intermediate		
	Advanced		
Target Group:	Suitable for Beginners or Refreshers		
Skills or qualifications required for the class:			
An open mind, willingness to try new experiences. The workshop is both holistic [mind/body/spirit] and dynamic [both passive and active aspects of mindful living]. It includes gentle "mindful movement" exercises so if you have a mobility problem, you should consult with the tutor [via www.sunflower-health.com/healing.htm] before joining.			
Course, including aims:			
<p>Would you like a calmer mind, less stress and more success? This 21st Century, secular & scientific update of the ancient Buddhist art of Mindfulness has taken the world of health and wellbeing by storm and is spreading into all walks of life as a lifeskill that harnesses the natural power of your mind, body, spirit and emotions.</p> <p>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-emotions awareness based approach that helps people change the way they think and feel about their experiences - especially stressful, frustrating or miserable experiences.</p> <p>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.</p>			
Further steps:	Book your place: 01223 712424 or adulted@sawstonvc.org More about Mindfulness: www.fullyalive.me.uk About your Tutor: www.stress-counselling.co.uk/ADMIN/mikemeredith.htm		
Equalities statement			
<p>"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."</p>			