

mindfulness

Have you ever felt as if life is running away from you?

Are you guilty of overthinking or being stuck in thoughts about the past?

Do you feel controlled by your emotions?

If you answered **yes** to any of these questions, **Mindfulness** can help you to feel more grounded, have clear thoughts and it can even change your life for the better.



Darlington Mind delivers four week courses on Mindfulness; each session is scheduled for a morning to help you start the day in a more positive frame of mind.

So, what is Mindfulness?

Mindfulness is mental state which is achieved by focusing on the **present moment**, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.

Mindfulness is an effective way of becoming more **aware** of our own habits, tendencies and becoming less compulsive.

Mindfulness has been shown to be an effective therapy as it allows us to not get caught up in our thinking but to settle into a **calmer way of being**.

These courses will teach you how to become more aware of the nature of the body, mind and how this can affect our actions.

Getting out of autopilot and enjoying life again!

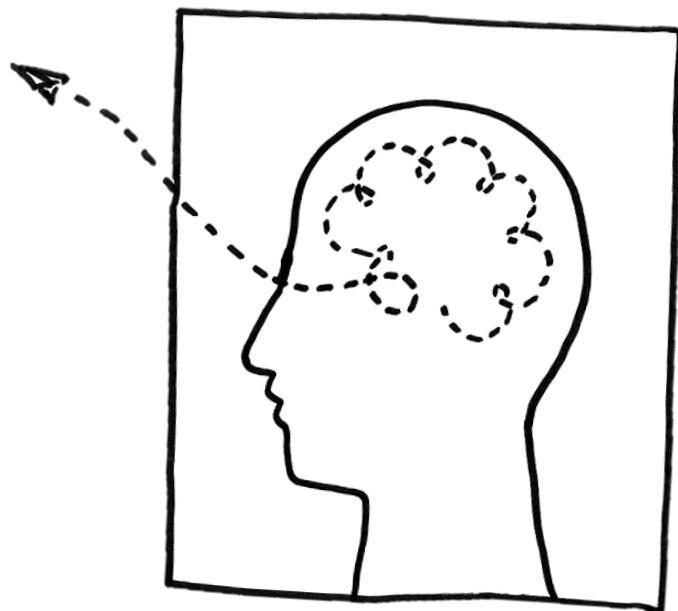


What are the benefits?

Mindfulness meditation and other Mindfulness based practices have been shown to have considerable benefits to both physical and mental health.

Some of the benefits include:

- *Improves mood*
- *Emotional balance*
- *Stress reduction*
- *Less anxious thoughts*
- *Better focus*
- *Positive thinking*
- *Boosts memory*



These courses will teach you what Mindfulness is, how to do it, and give you the opportunity to have a guided Mindfulness meditation in each session.

You will notice the benefits within the first few sessions and notice even more as the course develops.

Don't just take our word for it.

Read our Testimonials

Learners often give their feedback when they have completed a course at Darlington Mind, here are a few testimonials.

“I went to London recently and the Mindfulness techniques I learned here at Darlington Mind have really helped me to get out of some panic attacks I would have had.”

One learner said after completing the Advanced Mindfulness Course

“Definitely I found peace in the meditations.”

One attendee said after completing the Introduction to Mindfulness Course.

“Even from the first session I felt that I had benefitted the course. The interaction and the way the course is structured has really been helpful.”

Said one attendee whilst reflecting back, she completed both courses in Mindfulness at Darlington Mind.

Introduction to Mindfulness (Monday)

Participants must attend all of these sessions and are not allowed to join the group after the first session. Full Course costs £80 per person.

Date	Session	Time	Topic	Location
Monday 26 th February 2018	1	10am - 12noon	<i>Learning about what Mindfulness is, Fundamentals of Mindfulness, how to do Mindfulness with an exercise in Mindfulness.</i>	Group Room at Darlington Mind
Monday 5 th March 2018	2	10am - 12noon	<i>The Unsettled Mind, Formal Mindfulness, Grounding, and Settling the mind, with an exercise in Mindfulness.</i>	Group Room at Darlington Mind
Monday 12 th March 2018	3	10am - 12noon	<i>The Science of Mindfulness, Supports, Informal Mindfulness and with two exercises in different forms of Mindfulness.</i>	Group Room at Darlington Mind
Monday 19 th March 2018	4	10am - 12noon	<i>Journaling, Mindfulness exercises, The Stop practice, the benefits with two exercises in Mindfulness.</i>	Group Room at Darlington Mind

Introduction to Mindfulness (Friday)

Participants must attend all of these sessions and are not allowed to join the group after the first session. Full Course costs £80 per person.

Date	Session	Time	Topic	Location
Friday 2 nd March 2018	1	10am - 12noon	<i>Learning about what Mindfulness is, Fundamentals of Mindfulness, how to do Mindfulness with an exercise in Mindfulness.</i>	Group Room at Darlington Mind
Friday 9 th March 2018	2	10am - 12noon	<i>The Unsettled Mind, Formal Mindfulness, Grounding, and Settling the mind, with an exercise in Mindfulness.</i>	Group Room at Darlington Mind
Friday 16 th March 2018	3	10am - 12noon	<i>The Science of Mindfulness, Supports, Informal Mindfulness and with two exercises in different forms of Mindfulness.</i>	Group Room at Darlington Mind
Friday 23 rd March 2018	4	10am - 12noon	<i>Journaling, Mindfulness exercises, The Stop practice, the benefits with two exercises in Mindfulness.</i>	Group Room at Darlington Mind

Advanced Mindfulness

Participants must have completed the Introduction to Mindfulness sessions to attend these sessions. Full Course costs **£80**.

Date	Session	Time	Topic	Location
TBC	1	10am - 12noon	<i>Observation Mindfulness, appreciation exercises and making the most of time.</i>	Group Room at Darlington Mind
TBC	2	10am - 12noon	<i>Sensory Mindfulness, exploring the potential of the body, letting go and becoming less judgmental.</i>	Group Room at Darlington Mind
TBC	3	10am - 12noon	<i>Mindfulness through Action, better relationships, new ways to manage and act in life's situations</i>	Group Room at Darlington Mind
TBC	4	10am - 12noon	<i>Mindfulness as a Raft to Self-Realisation</i>	Group Room at Darlington Mind

Contact Us

If you would like to apply for one of these courses please complete a booking form and send this back to us.

Alternatively if you would like to find out any more information please do not hesitate to get in touch.

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