



Monday
Morning

Mindfulness

Darlington Mind will be delivering 2X four week courses on Mindfulness; each session is scheduled for a Monday morning to help you start the week in a more positive frame of mind.

What is Mindfulness?

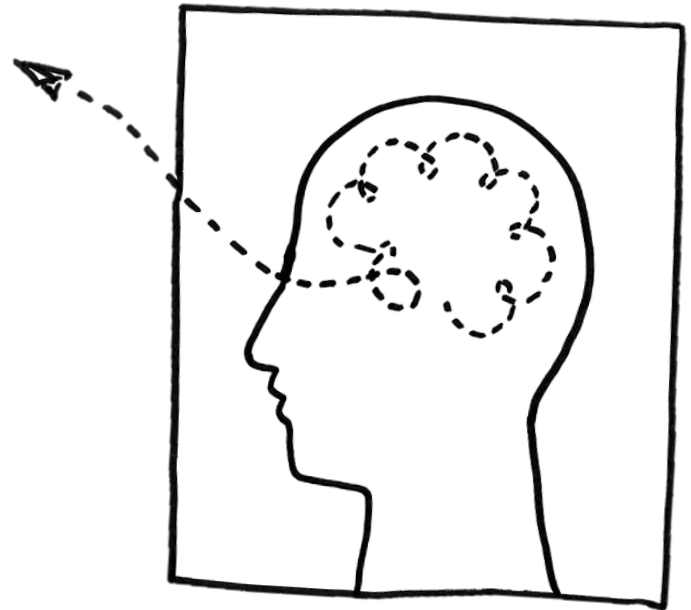
Mindfulness is mental state which is achieved by focusing on the **present moment**, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. Mindfulness is an effective way of becoming more **aware** of our habits, tendencies and becoming less compulsive. Mindfulness 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 our actions.

Getting out of autopilot and enjoying life again!

Benefits

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



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

These courses will teach you what Mindfulness is, how to do it along with doing Mindfulness practices in the sessions. You will notice the benefits within the first sessions and notice even more as the course develops.





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Introduction to Mindfulness

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, or £40 if you are already a service user of Darlington Mind.

Date	Session	Time	Topic	Location
5 th June 2017	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
12 th June 2017	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
19 th June 2017	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
26 th June 2017	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
17 th July 2017	1	10am - 12noon	Observation Mindfulness , appreciation exercises and making the most of time.	Group Room at Darlington Mind
24 th July 2017	2	10am - 12noon	Sensory Mindfulness , exploring the potential of the body, letting go and becoming less judgmental.	Group Room at Darlington Mind
31 st July 2017	3	10am - 12noon	Mindfulness through Action , better relationships, new ways to manage and act in life's situations	Group Room at Darlington Mind
7 th August 2017	4	10am - 12noon	Mindfulness as a Raft to Self-Realisation	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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