

The Yoga Space

Who is the Mindfulness Course For?

Anyone looking to improve their quality of life, willing to try some new ideas and put them into practice. It's suitable for absolute beginners as well as those already familiar with mindfulness and meditation practices.

How Will You Benefit from the Course?

- * You'll learn to relax and de-stress.
- * You'll be more present in each moment of your life.
- * You'll experience an increased sense of well-being
- * You'll become less reactive and more able to make healthy choices.

What Will You Do On The Course?

You'll do breathing exercises, relaxation exercises, and meditation.

You'll learn some practical psychological theory to better understand what stresses us and what we can do about it.

The emphasis is on the practical everyday application of mindfulness techniques. No dogma or beliefs are required. You will not be asked to believe anything. You will be asked to try techniques and evaluate in your own experience how they work for you.

What Will be Provided on the Course?

- * Clear guidance and instructions on how to relax your body and mind, and instructions on breathing mindfulness meditation.
- * An understanding of what mindfulness is and how it can help you experience wellbeing.
- * Simple powerful techniques you can use any time during the day.
- * 6 x weekly 75 minute group classes.

- * 5 x guided mindfulness meditations on mp3.
- * Handouts covering all the exercises and practices discussed.
- * A weekly synopsis of the class will be emailed to you.
- * A booklist of further reading to deepen your understanding, and links to useful web sites.

The Tutor

Rod has been a mindfulness and meditation practitioner since 1973, exploring Buddhist psychology and philosophy. He teaches yoga and offers psychotherapy services based on mindfulness and Buddhist



Mindfulness The Bigger Picture

We will also look at where current mindfulness teachings originated, and how they fit into a larger picture. This involves investigating Buddhist psychology and philosophy. We discover for ourselves how we can change our lives, and how mindfulness combines with other positive qualities of mind to help us feel good. Love, joy, patience, persistence, honesty, and

equanimity all have a place to play in creating our wellbeing.

