



For better
mental health

Training in Mind Workshop

Knowing the Moment Training in the Skills of Mindfulness Practice

Mindfulness helps us to become more aware of our experience in the present moment and see more clearly patterns of negative thinking which influence our mood and well-being.

Mindfulness practice has been clinically proven to help people living with the symptoms of stress, depression and chronic pain.

Whether you are a complete beginner or have had some introduction to Mindfulness, this course will help to encourage:

- **Being in the moment**
- **Awareness of sensations/feelings/thoughts**
- **Kindly acceptance of how things are and ourselves**
- **Letting go of negative habits of thought**
- **Curiosity to investigate experience, both positive and negative**

This course offers the opportunity for extended practice of body scan, sitting meditation, gentle mindful movement, and exercises exploring habits of mind and thought. Come and learn through personal experience.

Cost: £60 voluntary sector / £80 statutory & private sector
Dates: Wednesday 25th January, 2012
Wednesday 18th April, 2012
Times: 10.00 – 4.30pm

**All courses are held at Mind in Brighton and Hove, 51 New
England St, Brighton BN1 4GQ**

**To book a place, please
email info@mindcharity.co.uk or call 01273 66 69 50**