



DONHEAD ST MARY VILLAGE HALL  
www.donheadvillagehall.org

## Mindfulness

With Judith Lask

**Starts Thursday 14th January from 2.00pm - 3.00pm**

This is a 6- week course for one hour a week on Zoom.

Come and learn the basics of mindfulness including the key ideas, most common meditations and ways of taking mindfulness into your every- day life. No previous experience required.

- Mindfulness is a deceptively simple idea and involves “paying attention in a particular way: on purpose, in the present moment and non-judgementally” Research shows that it can be helpful in reducing stress, depression and anxiety and chronic pain and generally supporting physical and psychological well- being.
- The skill of meditation
- Mindfulness and self-compassion skills in your daily life
- Greater concentration and focus
- How breath and body awareness can transform stress
- Supportive mindful movement practices
- The art of taking joy in simple pleasures
- How to overcome your ‘negativity bias’
- The many health benefits of mindfulness.
- The course will also teach you how to boost your happiness and well-being, and find new sources of resilience, joy, and calm in your life.

Each session will include meditations, some mindfulness theory, and suggestions for mindfulness in daily life exercises.

You will receive notes after each session and examples of meditations you can practice in your own time as well as signposts to helpful mindfulness resources.

I am an almost retired psychotherapist living locally. Mindfulness has been really important in my life and helped me through some difficult times and I wanted to share the skills with others. I have trained as a mindfulness teacher with Breathworks and really like their compassionate approach and focus on physical pain as well as psychological stress. Come and see the value of mindfulness for yourself. I am happy to discuss the course further with anyone thinking of attending .

Just email me on [Judelask@icloud.com](mailto:Judelask@icloud.com) and we can arrange a time to talk..

Judith Lask Barton