

8-week Mindfulness-Based Stress Reduction (MBSR) course in Derby (information below)

with Julia E. Wahl

8-week Mindfulness-Based Stress Reduction (MBSR). This training has been created by Professor Jon Kabat-Zinn from the University of Massachusetts. It is designed to help participants learn new ways of handling difficult physical sensations, feelings, and moods. The training enables participants to see things differently, undoing mental and physical knots and tensions. It can increase our sense of personal confidence, of having more options and more strength to face the different challenges in our lives.

What is mindfulness? A simple analogy is to think of the mind being like the BBC News! – incessantly broadcasting, commenting, analysing, alerting, hypothesising – as if in our head there is a journalist who reports *everything, in an exaggerated and indiscriminate way*. We wonder what is good for us, what is bad, what is nice, what is unpleasant, what threatens us; we worry about what we have done, and what we haven't; what we may do, and what we may not; what we should, and how, and so on...

All this is thinking – not *being*.

And there's nothing wrong with thinking; it's thanks to this ability that we can solve problems, plan futures, and learn from past mistakes. However, our thinking can become so dominant that it becomes too loud... too intrusive... too threatening... with so many thoughts, images, scenarios that there are times when we stop functioning properly – and we cannot take full advantage of the present moment. Life imagined in the future becomes lived in the present! We can lose touch with what we are actually experiencing in the present moment – and in such a weakened state, of inattention, we can often act 'in automatic', prompted by our imagined fears and fantasies. This is called 'catastrophising'. Mindfulness brings us back in touch with ourselves in 'the now' – with our bodies, thoughts, emotions, intentions – and ultimately our 'true self'. So, mindfulness is the *ability* to notice where we are, physically and mentally, and by bringing our attention back to 'what is' rather than being in our fantasies, fears, hopes or dreams. The most frequently quoted definition, provided by Jon Kabat-Zinn, is: "*Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally*"

Participants undertake to do between 40 and 30 minutes of home practice each day for six days of each week that the course runs.

9th EDITION IN DERBY!

DERBY: 8 Sessions on Tuesdays from 19/09/2017 (18:00 – 20:30) – 8 sessions + 1 day of mindfulness (full day practice).

Sessions dates: Sessions on Tuesdays (18:00 – 20:30) from September 19th, 2017

Day of Mindfulness: 07/10 (10:00 – 17:00) – if you can't join us on Saturday, come to the next Day of Mindfulness in Derby or Nottingham (naturally for free). *You can also repeat this experience (day of mindfulness) as many times as you wish (in case of repeating 20-pound fee applies).

Participants who book in advance and pay at least £50 (before August), will get a £25 off for the whole course

PRICES for Derby: £225 per person which includes all classes, CDs and workbook to support your practice. *You can pay in instalments*

Concessions available for the unwaged, students and other people in need :). Do contact Julia to ask for a discount.

Instalment option: 3 x £75 (1st payment before the 1st session, 2nd after session 5, 3rd after session 7).

You can pay by BACS, or request an invoice if you're a company, charity or self-employed.

REGISTRATION/MORE INFO

It is essential to book in advance. Full payment for the course must be received with each booking. If a booking is cancelled less than two weeks before the course begins then there will be a 50% cancellation fee. Once the course has begun, no refunds will be given.

EMAIL: juliawahl@juliawahl.co.uk

TELEPHONE: 07841 659900

