



**Reduce stress & anxiety.
Improve mood, sleep, health & resilience.
Increase creativity, confidence & enjoyment of life.**

***“Within you there is a stillness and a sanctuary
to which you can retreat at any time”***

A Mindfulness course is a chance to take a pause, to reflect on what's important to you and to take care of yourself. The course integrates traditional meditation techniques with elements of cognitive behavioural therapy, yoga, chi gung and research into neurophysiology and the effects of stress on the body.

8 week Mindfulness Course
starts Friday 16th September 2016
12.30 - 2.30pm at the Wellington Centre, Hastings
Whole course including materials & half day retreat
£125 (concessionary rate available)

Contact Ruth for further information
mindfulnesshastings@gmail.com; tel: 07949 547 502
www.mindfulnesshastings.co.uk

Research indicates Mindfulness can have numerous physical and psychological benefits including improvements in:

- stress, anxiety & worry
- low mood, feelings of hopelessness or depression
- creativity & vitality
- self-esteem & relationships
- regulation of blood pressure
- difficulty relaxing, sleeping or concentrating
- immune function & pain management
- general enjoyment of life

Participants on a Mindfulness Course learn a range of Mindfulness practices in a warm, supportive small group environment. As part of the course, you are encouraged to complete approximately 30 minutes of daily practice (using materials provided) between classes in order to gain maximum benefits. All participants are provided with a handbook and guided meditation practices.

Comments from recent participants:

“The time out space has been invaluable and the practices learnt have been really helpful.”

“The course was fantastic and I have learnt so much about my thought patterns and the way I am. Ruth is a fantastic teacher – calm and positive.”

“My self awareness and ability to deal with everyday life without feeling overwhelmed & anxious has improved enormously. Very illuminating course.”

Contact Ruth today for further information

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Ruth Sequeira, Mindfulness Teacher

Ruth is fully trained and certified to teach Mindfulness Based Approaches (MBSR & MBCT) by the Sussex Mindfulness Centre. She is included on the UK List of Approved Mindfulness Teachers and adheres to their Good Practice Guidelines. Ruth is also a BACP Accredited Psychological Therapist and has been working in the NHS and voluntary sector for the past 15 years.

