



## **Mindfulness Course**

**Feel life could go a little better?**

**Reduce Stress & Anxiety**

**Improve Mood, Sleep, Health & Resilience**

**Increase Creativity, Confidence & Enjoyment of Life**

A Mindfulness Course is an opportunity to slow things down, learn tools for managing the ups and downs of life, and increase everyday levels of happiness.

This evidence-based course integrates traditional meditation techniques with elements of cognitive behavioural theory, yoga, chi gung, and research into neurophysiology and the effects of stress on the body.

**Starts Wednesday 1st May 2019**

**10am - 12pm at the Wellington Centre, Hastings**

**8 week course including materials - £145**

**concessionary rate also available for those on a low income**

Contact Ruth for further information

**mindfulnesshastings@gmail.com; tel: 07949 547 502**

**www.mindfulnesshastings.co.uk**

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

- **stress, anxiety & worry**
- **low mood & depression**
- **self-esteem & relationships**
- **creativity & vitality**
- **regulation of blood pressure**
- **immune function & pain management**
- **sleep, relaxation & concentration**
- **general enjoyment of life**

Participants on a Mindfulness Course learn a range of still & gentle movement-based practices in a warm, supportive small group environment.

As part of the course, you are encouraged to complete approximately 30 minutes daily practice between classes (using materials provided) in order to gain maximum benefits.

### **Comments from Previous Participants:**

*"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."*

*"The course came at a really good time for me.*

*I was going through a difficult time and it really helped me gain perspective, look after myself and deal with things better."*

*"I am amazed by the subtle benefits I am feeling in only 8 weeks. This course has been the perfect introduction to what I hope is to be the new me!"*

*"Thank you so much. It has been one of the best things I have ever learnt."*

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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, voluntary sector and private practice for over 15 years.

