

Mindfulness for Stress Course



Mindfulness is “*paying attention, on purpose, in the present moment, without judging.*” It is an evidence based self-management technique approved by the NHS and has proven to reduce stress, anxiety, depression and physical pain.

What’s included in the Mindfulness for Stress course?

- Guided instruction on mindfulness meditations
- Breathing exercises
- Gentle stretching and mindful movements
- Group dialogue and discussions aimed at enhancing awareness in everyday life
- CD of guided meditations
- Specialised Breathworks workbook on Mindfulness for Stress for you to record your own personal progress

The course will be taught in a friendly and supportive setting by Christine James, who has worked in health and social care for over 20 years and is a passionate Mindfulness & Wellbeing Practitioner.

- 8 weeks
- Every Wednesday from Wednesday 9th January to Wednesday 27th February
- 1:30pm to 2:30pm

If you wish to attend please speak to reception or ask for Jen at:

Old Trafford Wellbeing Centre, 54-56 Seymour Grove, Old Trafford M16 0LN

Telephone: 0161 877 3719

Limited places so book early