

Mindfulness-Based Stress Reduction

Course consists of a pre-course orientation, 8 weekly classes plus a session of mindfulness practice between weeks 5 & 7 of the 8 week course. (10 weeks in total)

What is mindfulness?

Mindfulness is living in the present moment with awareness of whatever is arising without judgement. It is a way of being in wise relationship on an inner and outer level with yourself and with others. It is a way of managing yourself in your life and responding to your life experiences. It is a way of being awake to your life as it unfolds moment by moment with openness and kindness.

Mindfulness requires a commitment to practice and an attitudinal change that includes an invitation to become more familiar with the field of your own body, mind, heart, and life by paying attention in new, more systematic and more loving ways.

Who is the course for?

This Mindfulness-Based Stress Reduction (MBSR) course is for anyone seeking to positively and profoundly affect one's ability to reduce a variety of symptoms of physical and/or emotional difficulties, by training in and cultivating a regular mindfulness practice. With the increased awareness that comes from practicing mindfulness - *deliberately paying attention, non-judgementally and in the present moment*- participants on an MBSR course can develop skills to help them respond to their particular difficulties rather than being run by them, and to relate to self and others with increased compassion, presence, and wisdom. In essence, people sign up to MBSR to alleviate some kind of "suffering". By engaging in and committing to the practice of mindfulness and by being open to a new way of seeing life and its difficulties, that suffering can be relieved and emotional and physical balance and wellbeing can be restored.

The practice of mindfulness has the potential to become a lifelong companion and ally.

In the **MBSR Programme** we use **mindfulness meditation, breathing exercises, focused awareness techniques** and **mindful body movement** to develop and cultivate a higher level of self-understanding of how we deal with the stresses we meet in our lives.

Facilitator: Declan Peelo is an integrative counsellor and psychotherapist, working in both the public and private sector. He has completed the MBSR Practice Teaching Training with the Centre for Mindfulness in Medicine, Health Care, and Society, University of Massachusetts Medical School,

