



The Little
Company
of Calm



Space and Time an Introduction to Mindfulness

Hello!

This introductory course to mindfulness is designed especially for people who simply want to feel better about themselves and be better equipped to deal with everything life may throw at us (and that's been quite a lot lately!)

This is an introduction to Mindfulness, delivered in a friendly and supportive environment.

The course has been designed for you to:

- ✓ **Experience how Mindfulness can support good mental health and well-being.**
- ✓ **Learn how the mind and body are linked and how to look after them both.**
- ✓ **Use new tools to help you face and manage day to day difficulties.**
- ✓ **Build Mindfulness into your everyday lives and activities.**

Mindfulness is all about having a go and seeing what happens within a safe and friendly environment. We would love it if you could join us.

About the course

Duration

1 hour each week over 4 weeks

Participants

Maximum of 10 people

Dates and times

As advertised

How it's delivered

The course can be delivered either face to face in a local community hub or online via Zoom.



Course Description

The course gently introduces you to a range of mindfulness activities that can easily be practised at home or at work. These include, meditation, gentle mindful movement, breathworks, gratitude practices, being kind to ourselves as well as others, dealing with life's difficulties, mindful walking, mindful listening, using all of the senses and everyday mindfulness practices.

There are 4 one sessions as shown below.

To Be Here	1 hour
The Sound of Silence	1 hour
Space all Around	1 hour
Loosening the screw	1 hour

Who is delivering the course?

The course is being delivered by a local, Sunderland based Mindfulness Company, The Little Company of Calm. There are three Mindfulness Teachers in the company, Joe, Andrew and Liz. All of us are friendly, qualified and experienced teachers and we have been delivering Mindfulness courses for over 10 years each.

Who can attend?

These courses are for any adult over the age of 18 who is interested in trying out mindfulness. They are perfect for beginners and for those who want to refresh their mindfulness practice.



Do I need to have any experience of Mindfulness or meditation?

No. Absolutely not. These courses are aimed at beginners and are open and accessible to all adults.

Do I need to attend every session?

For you to get the most out of the course, it is best if you attend all sessions.

Great. I'm interested. What do I do next?

The courses will be filled on a "first come, first served" basis. So to get your place please email us at hello@tlcoc.co.uk or book through our website at www.tlcoc.co.uk/booking

We will confirm via email whether you have a place and give you further useful information.

