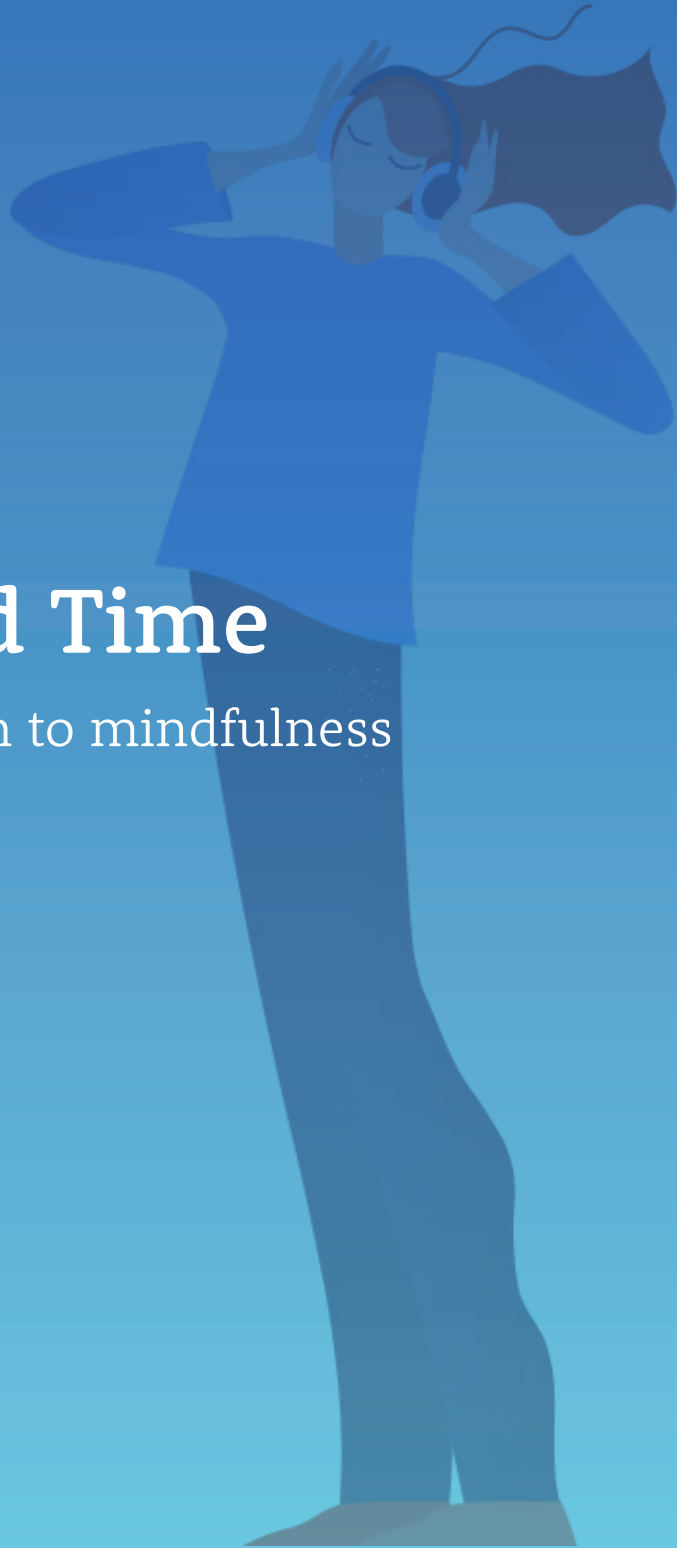




The Little
Company
of Calm



Space and Time

your introduction to mindfulness

Hi!

Join us for this (re) introduction to mindfulness course.

During the four one-hour sessions you will;

- ✓ **Learn how moment to moment awareness can enable you to appreciate the life you already have.**
- ✓ **Experience how your body can help you to respond to stress.**
- ✓ **Realise the immediacy of mindfulness in daily “ordinary” life.**
- ✓ **Know better, the nature of your mind, and find out how enjoyable the practice can be.**

Your mindfulness teachers, Joe, Andrew and Liz, will be there to guide and support you.

About the course

Duration

60 minutes each week over 4 weeks

Participants

Maximum of 10 people

Dates and times

As advertised

How it's delivered

This course can be delivered face to face or online via Zoom or Teams



Course Description

Session 1

Duration

To Be Here

60 minutes

- Mindful Movement → *Gentle Stretching Exercises*
- Making the Water Still → *Activity and Group Discussion*
- I'm alive and breathing! → *Short breathing meditation*
- 10 Finger Gratitude → *Bringing Mindfulness to life*

Session 2

Duration

Loosening the screw

60 minutes

- Mindful Walking → *Short (non strenuous) walking exercise to bring awareness to the body and our senses.*
- Fist clenches → *Activity and group discussion on stressful situations and how we react.*
- Working with discomfort → *Short guided meditation*
- What is mindfulness? → *Group discussion*

Session 3

Duration

The Sound of Silence

60 minutes

- Sounds → *Short guided meditation to bring awareness to the sounds around us and our reactions.*
- Music → *Discussion on listening*
- Body-scan → *Guided meditation – listening to our body and links to the mind.*

Session 4

Duration

Space all around

60 minutes

- Stand Sit Balance → *Guided practice bringing awareness to our bodies and how we hold them. How does this affect our well-being?*
- Cloud gazing → *Activity and discussion on awareness of what is around us.*
- Motion in the ocean → *Discussion and exploration of how the mind can work*
- Changing Seats → *Short activity on looking at things from a different view point.*
- Feedback and how you will take Mindfulness forward into your day-to-day lives. → *Discussion*



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 20 years.

Who can attend?

All are welcome!

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

No. Absolutely not. These courses are aimed at beginners and are open to everyone 18 years and over, whether you have experience of Mindfulness or not.

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?

Contact us via the website and we'll be right back in touch with you.

