

Finding Peace in a Frantic World

During the eight 1.25-hour sessions participants will:

- ✓ Practise Mindfulness and understand and experience its benefits.
- ✓ Undertake a structured programme that enables you to integrate mindfulness into your busy lives. This includes structured home practices.
- ✓ Know better the nature of the mind, and how closely mind and body are connected.
- ✓ Experience how mindfulness supports good mental health and wellbeing.
- ✓ Be part of a like-minded group within a safe and friendly environment with qualified Mindfulness teachers.

About the course

Duration

75 minutes each week over 8 weeks.

Participants

Maximum of 12 people

Dates and Times

As advertised

How and where is it delivered?

In person at local venues, as advertised.

Course Description

Session 1

Waking up to the Autopilot

- ✓ Presentation introducing Mindfulness
- ✓ Mindful Eating
- ✓ Mindfulness of Breath and Body
- ✓ Exercises, practices and discussion
- ✓ Mindfulness of a routine activity

Session 2

Keeping the Body in Mind

- ✓ Body Scan
- ✓ Keeping body in mind when listening and speaking
- ✓ Appreciation and Gratitude here and now
- ✓ Mindfulness of a routine activity

Session 3

The mouse in the maze

- ✓ Breathing Space introduction
- ✓ Mindful Movement including walking
- ✓ Breath and Body meditation, options for discomfort
- ✓ Mindfulness of a routine activity

Session 4

Moving Beyond the Rumour Mill

- ✓ Nature of a thought ABC model of emotion
- ✓ Sounds and Thoughts meditation
- ✓ Mindfulness in a queue
- ✓ Mindfulness of a routine activity.



Session 5

Turning towards Difficulties

- ✓ Turning towards difficulty with embodied curiosity and compassion
- ✓ Understanding acceptance within awareness and mindfulness
- ✓ Exploring difficulty meditation
- ✓ Guest House poem
- ✓ Mindfulness of a routine activity. Sowing Seeds

Session 6

Trapped in the past?

- ✓ Mental Time Travel
- ✓ Befriending meditation
- ✓ Fear and Clear Still Pools. Criticism and Compassion
- ✓ Albert Einstein
- ✓ Mindfulness of a routine activity. Acts of Kindness

Session 7

When did you stop dancing?

- ✓ Workfulness and Playfulness
- ✓ How are you living your life?
- ✓ Breathing Space with action
- ✓ Nourishing and Depleting activities
- ✓ Mindfulness of a routine activity

Session 8

Your wild and precious life

- ✓ Course Review
- ✓ Guided meditation with reflective questions
- ✓ Letter to Self
- ✓ Open Discussion; What next?



Who is delivering the course?

The course will be delivered by one of the 3 mindfulness teachers in the company: Joe Andrew or Liz who are qualified and experienced, delivering mindfulness courses, meditations and retreats for over 20 years now.

Who can attend?

Anyone who is committed to learning about, discovering the possibilities that mindfulness can bring through bringing practice into their daily lives.

Also, anyone who would like to re-establish a regular practice that they may have lost and once again, tap into the inner peace and calm that they will find is still there!

Do participants need any experience of mindfulness or meditation?

No. Absolutely not, this course is aimed at beginners, but yes, people with some experience of practice are very welcome indeed!

Do participants need to attend all sessions?

To get the most out of the course it is best to attend all sessions.

What do I do next?

For more information or to book Email hello@tlcoc.co.uk or book on-line at [Book | TLCOC](#)

