

Introduction to Mindfulness

An 8-week Mindfulness Based Cognitive Therapy course for well-being



An on-line course in a supportive safe community, accessed in the comfort of your home, to learn basic mindfulness practices.

These practices develop tools to nurture resilience and a sense of enhanced wellbeing in everyday living.

Learn to live more aware in the present moment, unhook from unhelpful thought patterns and be kinder to yourself.

TIMING: October & November 2021 Saturday mornings October 10 am – noon.
October: 2; 9; 16; 23. November 6; 13; 20; 27.

An orientation session: September 25th to register & ask your questions.

VENUE: You will need to download the free zoom app on a computer.
A seat where you can comfortably sit to see your computer screen in your own home. No mats required.

COST: £25 for the whole course to include an email with handouts for the week.

LEADERS: Jenny Ellis trained with the Oxford Mindfulness Centre for 4 years.
David Spencer and Mo Hilton have also done the OMC 8-week course.

BOOKING: For further information & booking Jenny Ellis: (01256 892895)
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