



## Mindfulness Day

**Tutor Name:**

**Micheal Meredith**

**Day & Date**

**Saturday**

**30 September 2017**

**20 January 2018**

**Timings**

**10am - 4pm**

**Price:**

**£30**

**Number of Weeks**

**1**

**Target Group**

**All**

**Skills and qualifications needed:**

**An open mind, willingness to try new experiences.**

**The workshop is both holistic [mind/body/spirit] and dynamic [both passive and active aspects of mindful living]. It includes gentle "mindful movement" exercises so if you have a mobility problem, you should consult with the college**

**Any further steps**

**see website for other courses**

**Teaching & learning methods used:**

**Course Details**

Would you like a calmer mind, less stress and more success? This 21st Century, secular & scientific update of the ancient Buddhist art of Mindfulness has taken the world of health and wellbeing by storm and is spreading into all walks of life as a lifeskill that harnesses the natural power of your mind, body, spirit and emotions. Mindfulness is the ultimate way to reduce stress, explore your inner world and open the door to inner peace, creativity and insight - a mind-body-emotions awareness based approach that helps people change the way they think and feel about their experiences - especially stressful, frustrating or miserable experiences. Whether you want to learn new techniques for coping with stress in the workplace or at home, manage anxiety or depression or improve your concentration, energy levels, career prospects and enjoyment of life, Mindfulness brings a fresh approach to your stuck situations.

**How progress and success will be recorded:**

**Materials required for first week:**

see materials required

**Additional Costs:**

please bring an exercise mat, water to drink and a packed lunch



Sawston  
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# Course Information Sheet

We are fully committed to equality of opportunity and we welcome enrolments from everyone. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a community based on mutual trust and respect.

We positively encourage all learners with any concerns about specific needs which might affect their learning to discuss their requirement with us in confidence.

Arrangements have been made to make sure that you are safe in this centre. If you feel you are not safe for any reason, please tell your tutor or centre manager, who will investigate to ensure your safety.

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