

Code: FCR317T5

Title: Beginners Introduction to Mindfulness

Day: Monday

Time: 10:00 to 12:00

Date(s): 3 June to 24 June

Number of sessions: 4

Tutor: Deborah Bircham

Venue: Oakham Enterprise Park (OEP)

Cost: £44 *(no concessions available)*



Who is it for?

This course is for anyone who is interested in learning what Mindfulness is, and how basic Mindfulness tools can help them with their wellbeing.

Course description

The course introduces what Mindfulness is, how it can help us with our mental and physical health, and simple tools to begin Mindfulness practice. The course covers the basic neuroscience of how Mindfulness works in the brain, and why it has such benefits for our wellbeing, and we will learn some simple Mindfulness practices that can easily be incorporated into daily life.

Learn how to: Use Mindfulness Tools for Daily Wellbeing

- What is Mindfulness?
- How does Mindfulness work in the brain?
- What are the basic tools of Mindfulness practice?
- How can I work with Mindful breathing practices, and other basic Mindfulness tools?
- How can I practice Mindfulness on a daily basis?

If you need more information or advice, please call us on 01572 758122 or email adultlearning@rutland.gov.uk

What should I bring?

Nothing is required for this course other than an open mind and a willingness to learn and to practice Mindfulness. You can bring a notebook and pen if you wish to take notes, but handouts will be given.

What could I do after this?

There is a follow-on course, Mindfulness for Wellbeing 6-week course, which covers more advanced Mindfulness tools and techniques. This will run in June, for those who would like to deepen their practice and learn more.

Who delivers it?

Deborah is a Naturopathic Nutrition and Health Coach, a Mindfulness Teacher and Hypnotherapist, and she specializes in supporting people with long-term health conditions and pain to be as well as they can through physical and mental wellbeing and lifestyle changes. She is a member of the Association of Naturopathic Practitioners, the UK Health Coaching Association and the National Council of Integrative Psychotherapists.



Directions and Map:

From the Oakham Bypass, turn onto the Ashwell Road. After about a mile cross the mini-roundabout and immediately prepare to turn right into Gate 2. The car park is straight on.

Adult Learning Hub,
Unit 16A, Gate 2
Oakham Enterprise Park,
Ashwell Road,
Oakham,
Rutland,
LE15 7TU

Tel: 01572 758122
Email: adultlearning@rutland.gov.uk
Website: www.ralss.org.uk

Buses run from John Street Bus Station in Oakham throughout the day. A bus stop is just outside the entrance to the Enterprise Park.

To see the most up-to-date bus timetables, please visit www.rutland.gov.uk/my-community/transport/bus-timetables-and-travel-advice/.

