

Annika Wager, a highly qualified and experienced mindfulness teacher, has been running Mindfulness Courses at the Oakdale Centre which have been very much in demand and received excellent feedback.

Please see her testimonials at the back of this flyer.

The Oakdale Centre is delighted that Annika has agreed to run a new 8-week

Mindful Living Course at the Oakdale Centre - Harrogate

on

Thursday evenings - starting **26th September 2019 at 7.15pm.**

Mindfulness skills have been shown to decrease stress and increase wellbeing.

We look forward to welcoming you on this course.

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| Dates | Each of the following Thursday evenings: 26th Sept, 3rd Oct, 10th Oct, 17th Oct, 24th Oct, 7th Nov, 14th Nov and 21st Nov There is a one-week break (Thursday 31st Oct) to give time for consolidation of the skills before progressing to applying these skills into daily life. |
| Times | 7.15 pm to 9.15 pm (Refreshments will be provided) |
| Venue | Oakdale Centre, 49 Valley Drive, Harrogate, HG2 0JH |
| Tel | 01423 503080 |
| Email | reception@oakdalecentre.org |
| Fee | £210.00 (includes sixteen hours of tuition, all guided practices as a CD and/or MP3, handouts and individual support between sessions by phone or email) |
| Trainer | Annika is an experienced Mindfulness teacher who trained at the <i>Bangor University Centre for Mindfulness Research</i> and is part of the <i>Oxford University Mindfulness Project</i> . She also trained with Integrated Mindfulness who focus on integrating mindfulness into therapeutic approaches. |

Research has shown that eight-week mindfulness courses are effective in improving general wellbeing, reducing stress and increasing resilience in dealing with life's pressures. Mindfulness is a mental training that reduces the tendency to go through life on autopilot. By learning to pay more attention to thoughts, feelings and experiences as they arise, it changes the way we relate to our day to day experiences, particularly stressful ones. Participants report reduced stress/worry/over-thinking and better sleep, more emotional regulation and more awareness and control in how they manage their minds and emotions. Rather than worrying about what has happened or what might happen, mindfulness trains us to respond skilfully to whatever is happening right now. In this course mindfulness meditation is presented in a practical and experiential way. There is a strong focus on learning skills that can be applied in everyday situations at work or home.

PARTICIPANTS

There will be a max of 11 participants on the course. It is open to anyone who is interested in gaining a life skill to live more in the present moment and be better equipped to respond rather than react to life.

LEARNING OUTCOMES

- Learning different forms of mindfulness practice that can be used to train our attention
- Understanding about autopilot and looking at how mindfulness can help us to disengage from automatic ways of thinking so that we choose how we respond rather than finding ourselves habitually just reacting to situations
- Seeing the link between thoughts and the state of our mind and body
- Learning why we react the way we do during stressful situations or social interaction, and practice applying mindfulness to those stressful situations / interactions
- Learning how to experience life more directly and step out of the sometimes relentless commentary of our thoughts.

TO PARTICIPATE IN THE COURSE

Please contact the Oakdale Centre if you require further information or to request an application form. Places will be allocated on a first come first served basis with a non-refundable deposit of **£50.00** being required to reserve your place. The balance is payable either before or at the first session. Cancellation policy applies, please ask for more details. Participants will receive a Certificate of Attendance at the end of the course.

Testimonials from participants of recent Mindfulness Courses at The Oakdale Centre

"It is already proving very useful in daily life. I am finding that my anxiety levels are a lot lower and I am able to respond to stressful situations rather than reacting to them. I am sleeping better and I am much more aware of what is 'going on' inside me and how I am holding myself. My head is clearer and I feel less overwhelmed by situations."

"I home-school my son who is severely dyslexic and on the autistic spectrum. My daily mindfulness practice has enabled a calmer environment to teach in and also I have been passing on the techniques to my son who also seems a lot calmer and more self-accepting with less 'melt downs.'"

"This was an excellent, practical and useful course with intelligent, informed and skilful guidance from someone who has personal experience of the positive benefits of the practices."

"I now have the ability to take myself out of my internal chatter. I wish I had done this course years ago. The techniques make such a difference to the way I live my life."

"I had tried to learn a little mindfulness from a book with little success. I would definitely recommend a course to learn mindfulness – the classes add a whole dimension that just can't be captured otherwise."

What participants said they had got from the course that was of lasting value:

"Has really helped with my well-being, self-esteem and being kinder to myself."

"The ability to notice my thoughts and be more self aware so I can choose how to respond rather than react."

"A way of dealing with stress and anxiety which can lead to happier living."

"Appreciating the moment, taking time out of a hectic schedule and starting to see the present."

"Before the course I was practicing mindfulness on a very small scale. The course has really opened my options with mindfulness so it has really become part of my life in a very practical way."

Participants' impressions of the training:

"Loved every session, looked forward to it each week."

"Very focused, informative and useful. Good balance of theory and practical."

"Just to say thank you for a wonderful experience. I will take lots from the training with me and will use it regularly."