

DATE(S):

5, 12, 19 Oct;
2, 9, 16, 23 Nov &
7 Dec

Venue:

PHEW Centre
52 Bartholomew Street,
Exeter EX4 3AJ

Times:

10am to 4pm

Cost:

£125.00
£20.00 (concession)

Lead Teacher:

David Cooke

Course Level:

1 - 2

Entry
Level = Pre-GCSE
Level 1 = GCSE D to G
Level 2 = GCSE A to C
Level 3 = A Level
Standard

This course is an accredited, course and there will be criteria that you need to meet in order to attain the qualification. You will need to also meet certain Learning Skills Council requirements in order for us to draw down the funding for your place. You will be asked to complete a form saying that you will pay any money we are unable to draw down by your not meeting the criteria.

Mindfulness based Stress Reduction Course

This eight week course can enable you to improve your overall wellbeing by being more aware of the here and now. The course will enable you to learn new ways to handle ones moods and emotions.

Course objectives:

- Identify ways to take better care of ourselves;
- Explore ways to tackle physical, mental, social and emotional problems;
- Gain more awareness of
 - Small changes in sensations of the body;
 - What is happening in the world around us
 - Ones own thoughts, emotions & moods.
- Explore the seven foundations of mindfulness practice.

Each session will be interactive and all learners will be encouraged to participate as much as possible to get the most from each session.

All learners will be expected to do one hours homework, six days a week, each week of the course, to develop their Mindfulness skills.

Past learners have reported physical and psychological benefits including:

- Increased ability to relax;
- Greater energy & enthusiasm for life;
- Heightened self-confidence
- Increased ability to cope more effectively with both short and long term stressful situations.

Bookings close:

5 September 2009

We have deliberately kept the cost for this course down to ensure it is very cost effective & affordable.



For further information about any of our Learning and Development opportunities, please do not hesitate to contact us.