



Cavendish Pavilion, Field End Rd, Eastcote HA4 9PG

# MINDFULNESS TRAINING 2

## Thursday 7.30 - 9.00pm

### 8 WEEK COURSE

### 9<sup>th</sup> May - 4<sup>th</sup> July 2019

### £144

Mindfulness Meditations and techniques can enable you to:-

- feel less overwhelmed
- Improve your sleep quality
- Positively change the way you think/feel about your experiences
- Increase your ability to manage difficult situations
- Reduce levels of stress and anxiety
- Remain calm and grounded
- Be at peace with where you are

The 8 week MBSR (Mindful Based Stress Reduction) is a scientifically tested methodology and is taught by Raksha Kukadia, MBA who qualified at the Oxford Mindfulness Centre and the Clear Mind Institute.

*Payment by cheque or bank transfer – 09-01-28 18051129*

*Cheques payable to:- Jackie Barker, 14 The Uplands, Ruislip, HA4 8QN.*

*Half Term no class 30<sup>th</sup> May*

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-----PLEASE DETACH AND RETAIN TOP HALF-----

Booking Slip

Mindfulness Training 2 – Raksha Thurs 7.30pm

Name.....

E-Mail Address.....

Tel (land line) .....

Paid £.....

Tel (mobile).....