



Cavendish Pavilion, Field End Rd, Eastcote HA4 9PG

# MINDFULNESS TRAINING

Thursday 7.30 - 9.00pm

8 WEEK COURSE

24<sup>th</sup> January - 21 March 2019

£120

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 21<sup>st</sup> February

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

Booking Slip

Mindfulness Training – Raksha Thurs 7.30pm

Name.....

E-Mail Address.....

Tel (land line) .....

Paid £.....

Tel (mobile).....