



Mark Bowden
Mindfulness Training & Coaching
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Mindfulness-Based Stress Reduction (MBSR) in Exeter Spring 2018

Mindfulness is about being awake and aware – being in the present rather than living in the past or pre-living the future. This Mindfulness course is an eight-week programme that will help you cope more effectively with short- and long-term stressful situations, as well as learning to experience calm and appreciate life more easily.

Past course participants have said: “This course has been a lifeline for me.” “With mindfulness, I have the tools to help me cope when things get tough.” “I’m feeling more able to handle life; I have more options in situations that used to stress me out.”

Developed from the work of Jon Kabat-Zinn, which started over 30 years ago at the University of Massachusetts, Mindfulness-Based Stress Reduction (MBSR) has been extensively researched and recognized as effective. Mindfulness is an approach increasingly recommended by health professionals to help reduce distress and suffering from stress, anxiety and depression, as well as conditions such as chronic pain, eating problems, and addictions. It can also enhance appreciation of everyday life.

This course is a structured programme of eight two-hour weekly sessions with a weekend morning of practice. It includes:

- mindfulness meditations
- body awareness
- gentle stretching & movement
- group discussion
- home practice

You’ll be encouraged to try practising mindfulness in everyday activities and in planned practice between our meetings - audio CDs or mp3s and printed handouts will help support you in this. A preliminary one-to-one discussion will clarify any questions before you start. You don’t need any previous meditation experience, and the course is entirely non-religious and secular.

‘The present is the only time that we have to be alive, to perceive, to learn, to change, to act, to heal. Life only unfolds in moments. The healing power of mindfulness lies in living each one as fully as we can.’

Cost

The course costs £195. (Concessions on this price are sometimes possible; please enquire.) This includes a preliminary orientation session before the course starts, the eight sessions and weekend morning of practice, audio and printed materials to guide your practice at home, as well as 'phone or e-mail support between sessions if required.

To apply for your place on the course, or to talk more about mindfulness, contact me on 07951 820803 or 01392 439715 or at info@mindbase.co.uk. The course is also available individually one-to-one, either in person or by distance learning.

Who we are



Mark Bowden (BA, PGCE) began teaching yoga and meditation in the early 1980s and is a former Director of Bristol Buddhist Centre.

Mark has a long-standing personal practice of meditation and yoga, and has trained in teaching Mindfulness with Exeter and Bangor Universities and the Breathworks organization. He also supervises other mindfulness teachers and has contributed to research programmes on mindfulness at Bristol and Southampton Universities.

Having read through this information, if you are still wondering whether the course is appropriate for you at this time in your life, contact us and we can talk it over.

The course and how to apply

This course will help those whose quality of life is affected by low mood, depression or stress – but it can also help bring more enjoyment and appreciation to anyone's everyday life. The course will be held at Exeter Community Centre, 17 St David's Hill, Exeter EX4 3RG (www.eccentre.org), starting Wednesday 21st February. There are eight weekly sessions, with a break after the sixth session – so no meeting on 4th April. The course concludes on 18th April. There's also an optional Saturday morning session of practice after the fifth session (on 24th March).

Session 1 – 21st February

Session 2 – 28th February

Session 3 – 7th March

Session 4 – 14th March

Session 5 – 21st March

Morning of Mindfulness – 24th March

Session 6 – 28th March

No meeting on 4th April

Session 7 – 11th April

Session 8 – 18th April

To apply – or simply to find out more – call Mark on 07951 820803 or 01392 439715 or mail me at info@mindbase.co.uk.