

Mindfulness Based Meditation

Day and Time: Wednesday 6:30-8:00pm
Wednesday 8:00pm-9:30pm
Cost: €105
Duration: 8 weeks
Tutor: Deirdre Aherne

What is Mindfulness?

Mindfulness involves deliberately bringing our attention into the present moment with open-hearted awareness and with an attitude of kindness towards ourselves. Developing Mindfulness helps us to find calm and stability in our relationships with ourselves and others in the midst of our busy, stressful lives.

Course Description

The aim of this practical 8 week course is to help the participants to bring Mindfulness into their daily lives. By the end of the course, you should have the skills and tools to enhance self care and self compassion and to incorporate mindfulness practice into your daily routine.

Mindfulness is very much a buzz word in the area of anxiety and depression management these days, but Mindfulness has been around for many years, and is far from a fad. It is a proven and popular method of dealing with the stresses and strains of daily life, managing anxiety, controlling depression. It is also used in addiction rehab, and in the treatment of a range of other mental and physical illnesses.

This is a practical, tools-based class, and the emphasis is on giving you the skills, tools and techniques to apply to your individual situation. Topics covered will include mindful listening, mindful eating, and mindful movement (which will include tai-chi based exercises).

The class is open to anyone who wants to enhance their lives, or to learn about Mindfulness techniques. Those who are struggling to deal with the stress of daily life, or who suffer from anxiety or depression will find it particularly useful.

Book Early

Please note that this is a very popular course and was oversubscribed last term. Book early to avoid disappointment.

