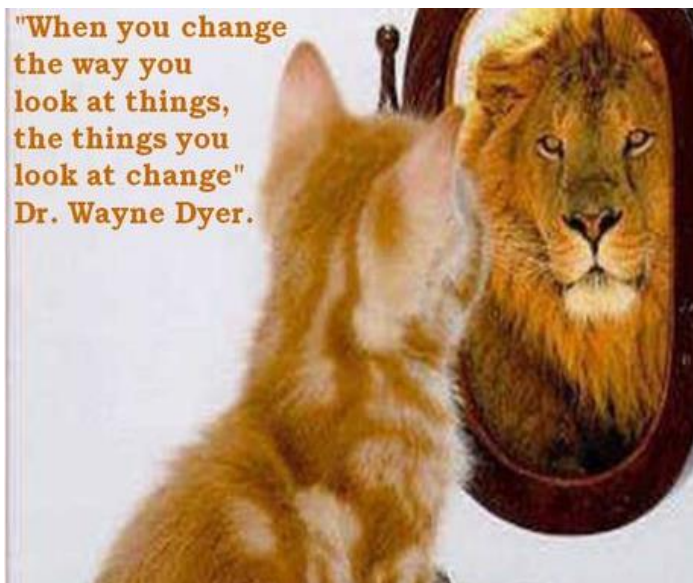


Morning mindfulness your six-week plan to a more peaceful life

Many of you have told us you would like to learn mindfulness but evening sessions are difficult, so we have arranged morning sessions while the children are at school. The programme is facilitated by Caroline Stewart who trained to teach Mindfulness with Professor Mark Williams at the Oxford Mindfulness Centre. Caroline adheres to the UK Network for Mindfulness-Based Teachers *Good practice guidelines for teaching mindfulness-based courses*.



Proven benefits of mindfulness

- Reduced anxiety, stress and depression
- Improved emotional regulation
- Improved working memory
- More positive outlook
- Less emotionally reactive
- Greater mental flexibility
- Greater self-awareness and insight
- Increased empathy
- Increased compassion to self and others
- Improved sleep
- Lower blood pressure

Dates are as follows:

Week 1	Tuesday 9 th May	10.30am -12.30pm
Week 2	Tuesday 16 May	10.30am -12.30pm
Week 3	Tuesday 23 rd May	10.30am -12.30pm
Week 4	Tuesday 30 th May	10.30am -12.30pm
Week 5	Tuesday 6 th June	10.30am -12.30pm
Week 6	Tuesday 13 th June	10.30am -12.30pm

Adoption Routes (TESSA) offices, Ground Floor, 18 Heron Rd, Belfast BT3 9LE. Map attached

Places are limited, please book early

For more information on mindfulness visit www.mindfulnessni.org and www.tessani.org