

# ***The Practice of Mindfulness***



*Our day to day lives are becoming increasingly busy and stressful. We are faced with the tough reality of recession and the growing need to take care of both our physical and mental well-being.*

*The practice of Mindfulness, introduced to mainstream medicine by Jon Kabat-Zinn, an American Scientist, has been proven to work as an excellent method of Stress and Anxiety reduction, with many other benefits. The participants will get an understanding of the Principals and practice of mindfulness.*

- *Definition of Mindfulness*
- *Mindfulness Principles*
- *Practical Applications of Mindfulness (to include group exercises)*
- *Benefits of Mindfulness with reference to Anxiety, Depression, Relationship Issues, Stress Management and other related factors.*
- *Question and Answer Session/ Feedback and Seminar Conclusion*

*This 6 week course is being held to begin and deepen your Mindfulness practice. Starting on Tuesday 9<sup>th</sup> April from 7.30pm to 9.30pm. Please bring a Yoga mat..*

*Cost of 6 week Course: €150.00 per participant.*

*For further details or to book a place, please contact Claire at 021 4536551/  
[claire.coakley@stlukeshome.ie](mailto:claire.coakley@stlukeshome.ie)*

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