



Breathing Space

the learning and development journal
for all mindfulness teachers & therapists

Winter Issue 2022

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Welcome to the first edition of Breathing Space in 2022!

Hi Everyone!

I hope life is going well with you all.

And here we are again, for our winter edition of Breathing Space. Doesn't time fly!

There are some great articles in this one (I know, I always say that but it's true).

To start us off we have a great article about the use of colour. Some of you might well remember Caroline Malone delivering one of the Monday evening mindfulness sessions on this theme which was received very well. And then we have The Gratitude Attitude by Ali Binns. The benefits really are amazing when we just take a little time to take stock and say thank you. The Power of Words by Divyanshi Garg highlights the benefits of using words a little differently perhaps. Affirmations are really very powerful! And who would've thought that a member of the royal family (no, not Ricky Tomlinson!.. although he is a huge advocate of mindfulness himself) would turn up at our training venue in Edinburgh?! Rebecca Milner tells us all about it. And, intermingled within all of that, there are a couple of articles focusing on a couple of our CPD opportunities – Aston Colley talks about the importance of mindful movement and Mike Tibble outlines the benefits he got out of attending the Official Mindfulness Now 8-week course... with me!

As always, a pretty good read I reckon.

We also include a book review and details of all our up-coming CPD courses towards the end.

May I thank everyone who has contributed to this issue and invite you, once again, to write and submit an article or book review of your own. It'll be really good to have your contributions. Thank you.

Look forward to hearing from you!

Please submit your articles to

info@mindfulnessnow.org.uk

Rachel Broomfield - Editor - Breathing Space



Breathing Space

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The Use of Colour in Mindfulness

Working with colour in a mindful way

Caroline Malone



The idea that they may be feeling blue and to breathe the colour in the body, can make some more aware of their feelings and how to change them.

Colour is often overlooked when it comes to how people think and feel. There are however many references to colour, such as feeling blue, white with shock, red with rage, green with envy and so the list goes on. Because colour has a vibration (wavelength) and the human body has an energetic vibration, the frequency of colour can have a positive or negative impact on the mood and, at times, physical body of people. Using colour with mindfulness is another way to allow clients to get in touch with their feelings and environment.

You may like to start by asking your client what colour they feel. It sounds a little strange at first but by asking them to sense this you will likely be amazed by the result. This colour is then your starting point with them. Ask them how the colour feels, then explore it further with where about they can feel it. Taking the breath then to where they feel it and see if it has a shape. The idea that

they may be feeling blue and to breathe the colour in the body, can make some more aware of their feelings and how to change them with the use of colour. The intention is to not judge the feeling or colour but to use it, as an acceptance of how it feels, and to then be able to bring about change. The practice then of breathing in one of the more vibrant colours, such as pink for unconditional love to replace the blue, can have quite a profound effect on the client.

Clients suffering with anger and rage may often relate to the colour red. It often feels like a dense heavier energy, so breathing in and colour balancing with blue will often start to bring in calm and relaxation. Of course, it is important to note that red is also a creative colour, so anyone with lack of motivation could use the colour red to re-motivate. Any colours of the rainbow can be used in this way. Each has its own frequency and complimentary colour on the colour wheel. It is not important to know this or automatically assume it is the opposite



colour that is required. At times you can ask a client which colour they would feel comfortable with and using the same process encourage them to breathe in the chosen colour.

If clients have high stress and or anxiety levels they may be affected by the colour of the environment they are in. Hospitals, prisons, schools and large organisations choose colours to suit the people who will be utilising the space. Lots of studies have been done on the use of colour. Theo Gimbel has written many books on the subject.

Practising using the various colours gives an interesting insight and can be done safely and gently.

The song 'Colors of the Wind' Judy Kuhn, gives a superb description of colour and how we live with it everywhere, but rarely notice it.

I am a colour, complimentary therapist and mindfulness teacher. I have used colour for a few years now alongside my other therapies. It still amazes me how much people change with the use of colour that they may be lacking or have in excess. I led a Monday mindfulness session with colour and had a lovely response. Based in Broadstairs Kent. Mobile 07482 721191, email caroline@carolinemalone.co.uk website www.carolinemalone.co.uk I would love to receive feedback from anyone who uses any of this.





THANK YOU

The Attitude of Gratitude

Can being thankful really make such a difference?

Ali Binns



By seeking out experiences for which we are grateful, we start to even out the weight of negative sticky thoughts, helping lift our mood and reduce stress.

Gratitude is one of the nine mindfulness attitudes. It can be a tricky one to explore. Many people grow up being told, “You should be grateful for what you’ve got” and this representation of gratitude as a rule can work against us, as, used in this way, it can seem dismissive of our experience when we might be struggling. What’s different about a philosophy of gratitude when we practise mindfulness is that it’s a principle we choose to follow, which is irrespective of our conditions or good fortune. We can choose to practise gratitude because it is helpful for us, for our relationships and even the planet.

Gratitude is an attitude of taking in the good and making a deliberate choice to notice what we have. The sweetest gratitude is less often for monumental successes, but

more so for the mundane moments in our lives. The sight of a rainbow, birds singing, autumn colours, you choose... these everyday moments can be noticed with deeper intention.

Regular attention to gratitude can help to build up the gratitude muscle in the mind.

When we are experiencing difficulties, our mind can start to hook onto the negatives in our lives. When you are feeling hurt, notice how easy it is for your mind to start focusing on all the other times you have been let down. Our brain, the big pattern-making machine, loves making connections between events, but this relentless autopilot does nothing for our wellbeing.

Gratitude is a way of addressing the imbalance. By seeking out experiences for which we are grateful, we start to even out the weight of negative sticky thoughts, helping lift our mood and reduce stress.



We can start in the simplest way, by paying mindful attention to our breathing. As we focus on our breath we can choose to bring the attitude that we are grateful that we breathe – a miracle in itself.

It might help to recognise the difference between what you want and what you need. Many times in life we feel thwarted, disappointed and disgruntled, but is this more accurately because you didn't get what you thought you should have? Maybe you already have all you *need* food, shelter, companionship and so on. When you consider your want is just a preference rather than a necessity, it may open your mind to seeing there are many ways in which you already have

enough. Enough to find gratitude in your heart.

How else can you get into the habit of gratitude? A very popular exercise, which has come from the Positive Psychology arena, is to begin a gratitude journal. The idea here is that a few times a week, you write 3 to 5 things in a journal, noting what you are grateful for and why. Over time, this builds into a plentiful collection, which you can savour at your leisure. There are even various apps you can download. A creative way to do this is to collect your notes on pieces of paper and store them in a gratitude jar. Sharing your gratitude towards others can also be powerful. A handwritten token of appreciation

and gratitude will be always be treasured.

What other opportunities do you have in your week to practice gratitude? Can you truly savour the moment and allow gratitude to spread warmth in your body? Can you convey your gratitude to others either with actions or with words? This is a precious and free gift to yourself and others which you can make every day.

Ali Binns is a CBT therapist and Mindfulness Now trained mindfulness teacher, based in Bath, UK. She offers 8-week mindfulness programmes for groups or one-to-one. This is one of a series of articles on the mindful attitudes on her website www.alibinns.co.uk.



Why Mindful Yoga Is Not Exercise



Aston takes a look at some popular misconceptions
Aston Colley



Mindful Yoga is Yoga more concerned with perceiving sensation and our response to it. Very different from western type gym Yoga more concerned with striving and performance.

Mindful Yoga, at its heart, is about reducing suffering and increasing comfort in our lives. Yogic literature is rich with metaphors concerning the sensations we experience. The prana, chakras and energetic systems alluded to in yoga describe a vibrant system of flowing energy and of centres of particular quality and experience. If we believe these as separate energetic systems rather than metaphors for experience (which is how writer Peter Blackaby sees it) we can become caught in the trap of looking for predetermined experience and the danger here is that we then get led away from our own actual experience. According to Antonio Damasio, sensation is evolution's answer to homeostasis. If that is the case, we would be wise to pay attention to what those sensations are trying to tell us

rather than try to interpret them through the prism of a cultural lens. Is it a feeling of pressure? Is it painful? Is the sensation one of effort or tension? Is the movement smooth or ragged?

Asking questions like these help us to navigate the world we inhabit. Peter Blackaby goes on to argue that questions about whether we like or dislike a movement, whether it gives us joy or pain, are the wrong questions in this context. These are psychological values we place on what we are doing. They may be very important in a different setting – I may dance for joy, for example, or suffer in my marathon run, but these are performance and exercise, not Mindful Yoga. What I mean by Mindful Yoga is Yoga more concerned with perceiving sensation and our response to it. Very different from



western type gym Yoga more concerned with striving and performance. This Yoga exotica may look good on Instagram but has little to do with discernment. Both performance and exercise have important places in our lives but what I call mindful yoga sets out to reduce suffering, and to do that we have to be able to discriminate sensation and respond appropriately. It is a different subject to exercise and performance – not better, not worse, simply different.

There is perhaps one other body modality I have not mentioned and that is play, and here the motivation is to have fun, to do things with the body for the pure enjoyment of it all. It is the way most animals get to know their bodies. They rough and tumble, run and jump. All bets are off during play – anything goes – and in testing the body out you find out what it can do.

The lines between exercise, performance, play and yoga are often very blurred with plenty of overlap between them. What is significant in all of this is intention: are you setting out to affect structure, improve a skill, have fun or discriminate between sensations and modify your response? If we take the latter

approach in yoga two things begin to emerge. Firstly, we realise life is a completely embodied experience, with all sensation arising in the body; and the more we notice sensation rather than the value we put on it, the more we begin to calm down – not because we are trying to dissociate and distance ourselves from our feelings but because we are noticing them for what they are rather than what we believe them to be. Secondly, the reflective part of yoga – the thoughtful, ‘top-down’ part that asks ‘What shall I do with these sensations?’ – steps in. Its attention caught by sensation, the mind then has to figure out how to proceed. If our sensations are not heard or noticed we tend to respond reflexively in the way we always have and then

we should not be surprised if the same suffering arises, be it more mental or physical. However, when we really start to pay attention to the sensations that arise within in us and get better at responding earlier, we may find life starts to feel a little less complicated.

If you are interested in exploring mindful yoga further. I am running an Online Interactive Mindfulness Yoga CPD workshop on Saturday May 28th, 2022. A mix of theory and practice. The aim is to help develop your own practice by gaining a deeper insight into the process of self-enquiry through gentle movement so you can (in time) impart / teach Mindfulness Yoga to your students. Open to both beginners and more experienced.

The workshop was successfully run online in 2020 and 2021.

Please see Mindfulness Now CPD listings page for more details on this year’s event or contact me for further information.

Aston Colley

BWY Yoga Teacher, Mindfulness Now Oxford Leader . D Hyp HPD.

Email:
aston@mindfulnessnowoxford.org.uk
mindfulnessnowoxford.org.uk
unwind-yoga.co.uk





Are the words we use towards ourselves really that powerful?

Divyanshi Garg



Thoughts don't create your reality, your belief does. And the hack to change your beliefs is by using affirmations.

Affirmations are conscious thoughts/phrases that tend to tap into your strengths, overcome the limiting beliefs, and create a desirable reality.

Ideally, affirmations should not focus on the negatives, or denial of facts/events. Affirmations can be beneficial in structuring your thoughts, emotions, and behaviour in a more healthy way. To simply say, any word/phrase/sentence that you believe in, is an affirmation.

Affirmations should target your belief realistically. For example, instead of saying, "I am going to be happy all the time", I would say, "I choose to look at the positive in every situation."

When starting with affirmations, it is suggested to be in a relaxed state of

mind as the mind becomes more open to the effects and intentions of the words.

Before beginning my mindfulness practice, I focus on my breath or "om" mantra meditation, to calm my mind and flow into a more relaxed state. I then gently allow an intention or emotion/thought/behaviour of mine I wish to confront or deal with that day to arise effortlessly. The key to this practice is acceptance, curiosity and non-judging, the primary attitudes for any mindfulness practice. As and when I become aware of my "block", I become aware of how and where it triggers in my state of being, physically, mentally, and emotionally. Within this silence, I then urge my curious mind to guide me to the "root" or origin of this trigger. As I become aware of the root blockage, I affirm to release that trigger framed in



the present tense. For an instance, during one of the mindfulness sessions my thoughts kept going back to a skin condition I had developed at that time. After a few days of sessions, I identified my “lack of love and acceptance” of myself as the trigger for the skin condition. I thus affirmed “I love and accept myself completely and unconditionally in this

moment.”

The reason to frame your affirmation in the present tense is because the change is occurring now. If you possess the insight to identify the root cause for your unhealed psyche, you possess the power to transform it as well.

The entire process of being able to identify your triggers and being able to heal it, is a time-

consuming process, wherein your mindfulness attitudes of trust, patience, and non-striving are tested. However, when being mindful, your existence is grounded in the present. And in this very present moment, lies freedom. You are free to respond to each moment in a conscious way, free to decide whether you want to continue with a certain pattern in your life or shake things up. Because mindfulness presents you with each living moment, an opportunity, an opportunity to reset, restart, and refresh. Every moment is a decision-making point to transform, and evolve.

Divyanshi is in her final year of her Ph.D. in Mindfulness Meditation (Positive Psychology). She has her own private practice teaching Mindfulness Meditation and is also currently training in Logotherapy and Mindful Self Compassion (MSC).

She is based in Jaipur, Rajasthan, India and may be contacted on +91-9772766116





Next stop: Mindfulness by Royal Appointment?!

Rebecca Milner

I was delighted that the future King was so genuinely interested, and he took the time to talk to me for a few minutes about the course and the benefits of mindfulness.

Mindfulness, does it help?’ he said, eyes twinkling. ‘It does’ I said. ‘It’s all about the breath.’ ‘The breath. Of course. And has rain stopped play?’ he said, gesturing towards his wife who was peeking out from beneath her transparent umbrella.

‘No, we’ve just breathed through it, let it go. Accepted it for what it was. You’ve got to remember to breathe,’ I said, rather bravely. He chuckled.

‘Breathe, of course, I’ll remember that’ he said.

And with a nod of his head, the rather charming heir to the throne was swept along by his kilted companion and heavy entourage for another soggy tree planting duty.

I needed a few deep breaths after meeting Prince Charles in the Royal Botanical

Gardens, Edinburgh, this Autumn. I had been sheltering under a tree alongside fellow Mindfulness Now trainees, all of us keen to get a glimpse of the royals on their visit to the gardens. We’d planned our practice sessions around a possible sighting, meditating outside in the rain- a glorious experience- in case they walked past, following the journalists and even sweet talking a policeman for a coveted spot! His Royal Highness had noticed us grasping manuals and looking somewhat keen and excited, if slightly damp, and come over to say hello. I took the opportunity to tell him why we were there, learning about mindfulness meditation, with Sharon Conway. We were training to be mindfulness teachers I had proudly told him, offering up my manual as proof. I was delighted that the future King was so genuinely interested, and he took the time to talk to me for a few minutes



about the course and the benefits of mindfulness.

After twenty-five years working as a Forensic Psychologist, mostly in Her Majesty's Prison Service, and becoming gradually more interested in meditation, I had decided to attend the Mindfulness Now teacher training. I didn't know what I would actually do with the qualification. I couldn't

really see myself being a teacher, but I thought it might be thought-provoking, expand my knowledge and help with my personal practice.

Our week of training was set in the striking city of Edinburgh, and we had our own little space, nestled deep in the Royal Gardens. Close to nature, we learnt, explored, practiced and lived being mindful.

Being able to sit, walk and breathe amongst the trees, whatever the Scottish weather decided to gift us that day, enhanced the whole experience and took it to another level.

It was a privilege to be on the course and learning alongside a group of like-minded, warm and generous people, and nourishing to be face-to-face after so many online interactions due to the pandemic.

Thank you, Sharon, Hannah, my lovely group, and of course HRH Prince Charles for making the week so memorable, rewarding and special.

And next week, I'm taking the plunge and starting to deliver mindfulness sessions out of my local yoga studio. I'm not expecting any royal clients, but I do hope that wherever he is, Prince Charles is remembering to breathe.



The Mindfulness Now 8-week Course



Observations of a Graduate Participant **Michael Tibble**



I have a much clearer understanding of the course materials and how the different parts complement each other... (It's given me) total confidence in being able to deliver the course to individuals and small groups myself.

I completed my Mindfulness Now teacher training in January 2021 and received my certificate in mindfulness teaching in April. I really enjoyed the practical aspects of the teacher training course and learning about various types of mindful practice, and how they can be beneficial to our clients and provide a toolkit for them to use in different situations.

Although I did quite a lot of background reading before the course and as part of my teacher assessment, I personally found it quite challenging to really digest everything we learnt and understand how to apply it in delivering a programme for my clients. As part of my assessment, I compiled a 6-week course as part of my case study, but still found it quite difficult to really understand how to create the right balance of content for each week.

I therefore decided to sign up for the

8-week mindfulness course for teachers and students which is led by Rachel, one of the teachers on the teacher training course, with a view to developing my understanding and knowledge about the Mindfulness Now programme, and my teaching skills and confidence in being able to deliver it myself to individuals and small groups. The 8-week course ran during June and July 2021 and had a very clear and well-structured programme of weekly sessions of theory and practice, which was supplemented with discussions amongst the participants.

During the course, I could see how the course modules could be tailored for a particular client or small group. I also found that working with other recent graduates, established mindfulness teachers and students really helped me to develop my knowledge and confidence to deliver the course myself.

As a result of doing Rachel's 8-week course,

I have a much clearer understanding of the course materials and how the different parts of the course complement each other and fit together to create a generic or individualised programme, for example, theory, meditations, enquiry, movement, walking, poems and metaphors. It all makes much more sense now! I've also noticed that my daily personal practice has deepened as I've tried different techniques, in particular mindful movement, and walking.

I really enjoyed working with Rachel and the other course participants, and I learnt a lot about the content and structure of the 8-week course and how to deliver it more effectively. Rachel made the learning very accessible and relevant to our clients, and there was plenty of time for group

discussions which, for me, really helped to reinforce the more formal parts of the course. Participation in the course also gave me the opportunity to work with more experienced mindfulness teachers and practitioners, which really helped with my learning. Attending the course has given me total confidence in being able to deliver the course to individuals and small groups myself.

I have recently signed up for the next 8-week course which starts in January 2022, with a view to further developing my skills, knowledge, and confidence. I am in the process of planning my own 8-week course, which I plan to run concurrently with Rachel's, so that I can apply what I have learnt immediately to my own teaching practice.

I live on the South Coast of England near Portsmouth, and for the past 18 years I have worked at the UK Ministry of Defence as an analyst conducting research into defence and security related topics.

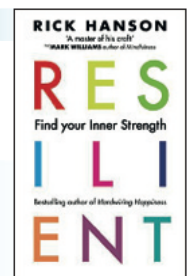
I retired from full-time employment in September 2021, with the aim of having more time to explore my interests and opportunities to develop new skills and experiences. I am particularly keen to develop my skills and confidence as a mindfulness teacher over the coming months.

If you would like more information about my experience of the 8-week course or to discuss any aspects of this article, feel free to contact me by phone on 07955 226018 or email: michael.tibble@outlook.com.

Book Review

Resilient by Rick Hanson PhD

Book Review by Alison Bale



In *Resilient*, Rick Hanson has used his 40 years of clinical work to create 12 practical strategies to enable you to build resilience. He demonstrates how you can grow inner strength, mindfulness, confidence, and motivation.

Rick is a psychologist and senior fellow at the Greater Good Science Centre at UC Berkeley. He is also a New York Times best selling author.

He uses the science of neuroplasticity to show how you can develop the mental resources to become calmer and more compassionate, through regular practice.

The book is divided into four parts – recognising, resourcing, regulating, and relating.

Each part has three sub sections, including section on mindfulness, gratitude, motivation and aspiration.

At each stage Rick uses his own life experiences to illustrate how the themes can play out in real life. And

he includes exercises to help you bring to the centre the felt sense of an experience. All the exercises help you tune into your body and mind, with the idea that you embed the neurological processing to make, for example, being compassionate towards yourself and others your default state.

The exercises help you appreciate and strengthen your own resources.

The book takes a broad view of resilience, acknowledging that there is more to it than managing stress and loss. People who are resilient are also able to pursue opportunities in the face of challenges. And they can recognise and respond flexibly to fears and failures.

It is a practical guide to developing valuable life skills that fit well with the attitudes of mindfulness.

Continuing Professional Development (CPD) 2022

Mindfulness teachers and therapists are required to maintain their Continuing Professional Development (CPD) to uphold professional learning standards and to meet the requirements of the professional association to which they belong. Normally this is a minimum of 14 hours, or two days of CPD during each twelve-month period.

**** Please note individual booking information for each event ****

All CPD Training will continue to be safely conducted in real-time guided, interactive format via Zoom.

The attendance fee for all CPD is £130 for students and graduates of Mindfulness Now / CEC, and £160 to all others.

All courses are certified and training notes are provided. The courses are open to practitioners of mindfulness teaching, hypnotherapy, NLP, coaching, counselling, and related fields.

Numbers are strictly limited so early booking is strongly recommended.

Saturday 5th March 2022

Hilary Norris-Evans

The Therapeutic Relationship: the single most important factor for Hypnotherapists and Mindfulness Teachers

Live Online via Zoom

10:00 – 17:00

We shall be looking at The Therapeutic Relationship in depth, including process, the core conditions, empathy, rapport, non-judgement, disclosure, deep listening skills, collusion and reflective practice and why process is far more important than content.

We will look at what the research says.

The course will be a mix of discussion, group and pair work and input from me.

We shall also examine the difference between hypnotherapy and mindfulness and whether the therapeutic relationship is different in Hypno/psychotherapy/counselling and Mindfulness.

Hopefully, by the end of the day, you will have a clearer idea of just how important the therapeutic relationship is and how to achieve the best relationship you can.

I am a pragmatic, passionate teacher/trainer and believe in giving you all the knowledge and experience I've gained over my years as a hypnotherapist, mindfulness teacher and trainer, so that you can be a therapist/Mindfulness teacher of excellence.

Bookings should be made on 0121 444 1110
orinfo@cecch.com

Saturday 2nd April 2022

Rachel Ashcroft

Mindfulness with Teenagers CPD

Live Online via Zoom

10:00 - 16:30

With mental health problems on the rise, it is said that around half of all lifetime mental health problems start by the mid-teens and three-quarters by the mid-twenties, according to documentation published by Public Health England, 2019.

The Mindfulness with Teenagers CPD addresses the current mental health crisis, potential triggers and risk factors to be aware of and ways in which we, as mindfulness teachers, can best support them through some of their most turbulent years. The day will involve lots of practical mindfulness activities that have been shown to be highly effective within this age range.

This CPD is delivered by mindfulness trainer, experienced former school teacher and mindfulness facilitator at Birmingham City University, Rachel Ashcroft.

Bookings to be made via the following link please:

<https://mindfulnessnowmanchester.org.uk/product/mindfulness-with-teenagers-cpd-online-2nd-april-2022/>

The Official Mindfulness Now 8-week Course Spring/Summer 2022

Rachel Broomfield

Live Online via Zoom

10:00 – 11:30 Each Saturday morning 30th April – 25th June 2022

If you're already qualified as a Mindfulness Now Teacher or have already attended the course but not yet completed your assignments, then attending our official 8-week programme, online via Zoom, will not only be very rewarding for you personally, but will also refresh your learning and help you to gain those CPD points.

Cost includes the Gift Retreat Day on 25th June.

Total cost = £250

Please contact Rachel Broomfield on rmbmindfulness@aol.com or by filling in the contact form here: <http://www.rmbhypnotherapy.com/booking-8-week-course.html>

Saturday 28th May 2022

**Aston Colley
Mindfulness Yoga Workshop
Live Online via Zoom
10:00 – 17:00**

A development day for all mindfulness and yoga practitioners, exploring mindfulness of breath and body movement. The day, a mix of theory and practice, specific guidance and choreographed practice to teach, with a script to teach from. A look at modifications and an opportunity to practice with others on the course. The day aims to provide mindfulness practitioners with tools to further their own practice. It is hoped that by gaining a deeper insight into the process of self-enquiry through gentle movement and meditation participants will, after practice, be able to impart/teach some of these insights to their students.

Bookings should be made by contacting Aston on 01386 870893 or aston@unwind.uk.com

Saturday 18th June 2022

**Sharon Conway
Mindfulness and Mental Health
Live Online via Zoom
10:00 - 17:00**

This course raises awareness of mental health, it combines the Mental Health Aware course from MHFA England with Mindfulness studies and research to support mental ill health:

- What mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

Everyone who completes the course gets:

- A certificate of attendance from MHFA England to say you are Mental Health Aware
- A manual to refer to whenever you need it
- A workbook including a helpful toolkit to support your own mental health
- A personalised Self-care plan

Bookings should be made by contacting Sharon on 07720 426073 or sharon@wellbeingmind.co.uk

RETREATS 2022

Exciting news! We will be starting to offer Retreats in addition to our CPD events, both in-person and online. Here are the first two and please keep your eyes peeled for more in the coming months.

**** Again, please note individual booking information for each event ****

Saturday 5th May 2022

'Moving into Stillness' - with Aston Colley - In-person - £80

Venue: Stanton Guildhouse, Broadway, Cotswolds

Further details

<https://mindfulnessnowoxford.org.uk/training-course/continuing-professional-development-cpd/mindfulness-moving-into-stillness-5th-may-2022/>

Saturday June 25th 2022

'Mindfulness Now' Gift Retreat Day - with Rachel Broomfield - Online - £50

Part of the Spring/Summer Mindfulness Now 8-week course and open to all students and graduates

Venue: Online via Zoom

Further details: -

<http://www.rmbhypnotherapy.com/booking-8-week-course.html>