




**Dynamic (Holistic) Mindfulness Day**

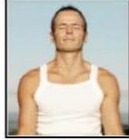


**Saturday October 8<sup>th</sup> 2022 10am-4pm**

**Swavesey Village College Cambridgeshire CB24 4RS**



## - Mindfulness -



MIND-LESS

MIND-FULL

stressed, scattered, troubled, distracted

happiness, peace & security dependent on circumstances

"at home" in the present moment

has tools for transforming stress & creating wellbeing

**More Information: [www.fullyalive.me.uk](http://www.fullyalive.me.uk)**

To LIVE MINDFULLY is to have a multidimensional "At home!" experience in the present moment.

To LIVE MINDLESSLY is to have a poorly-nourishing, poorly-fulfilling, somewhat-disconnected experience in the present moment.

In MINDLESS LIVING we shut-down or shut-out the full truths and rich, full aliveness of the present moment.

In MINDFUL LIVING there is appreciation and savouring of what life brings in each moment coupled with seeing and seizing the endless flow of opportunities for inner peace and fulfilment.

In MINDLESS LIVING there is restlessness and dissatisfaction - constant warfare between 'THE LIFE I HAVE' and 'THE LIFE I WANT'.

In MINDFUL LIVING restlessness and dissatisfaction are simply reminders to employ the tools we have learned for self-centering, self-stabilising and attunement, in order to harness and transform the powerful energy and guidance that stress and unhappiness provide.

In MINDFULNESS TRAINING we un-learn the self-destructive, self-sabotaging habits that prevent us from living fully in the 'Here and Now!' and replace them with a return to the joy of, and wonder at, the magic of being alive!

<p><b>Suitable For...</b></p>	<p><b>Suitable for All levels of experience.</b>                  [Learners with restricted mobility should contact the tutor to discuss options]</p> <p><b>What you need for this course:</b> an open mind and willingness to try new experiences. This is a holistic course [includes mindful movement, body language &amp; posture, emotional/energy awareness].</p>
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## ABOUT THIS 'DYNAMIC MINDFULNESS' COURSE

Mindfulness is the ultimate way to reduce stress and open-up inner and outer worlds in new ways to become '**MORE ALIVE!**' and '**MORE AT HOME!**' in the **PRESENT MOMENT** - in a wide range of situations.

The **Dynamic** [Yin + Yang Holistic] approach to **Mindfulness** is practical skills training that focusses on YOUR 'here and now' mindful actions, challenges, needs & opportunities, rather than focussing on academic, or only the "chilling-out", aspects of mindfulness

Mindfulness is the ultimate way to reduce stress, explore your inner world and open the door to inner peace, creativity, and insight - a mind-body-awareness based approach that helps people change the way they think and feel about their experiences - especially stressful, frustrating, or miserable experiences.

Whether you want to learn new techniques for coping with stress in the workplace or at home, manage anxiety or depression or improve your concentration, energy levels, career prospects and enjoyment of life, Mindfulness brings a fresh approach to your stuck situations.

'Mindfulness training' is about awakening our awareness of mind, body, and emotions to the full truth of what we are feeling and choosing in the present moment, so that we can make wiser, more self-empowered choices, rather than be a prisoner of unconscious habits. It's about being fully alive 'HERE and NOW', rather than 'splitting off' into brooding about the past, or unhelpfully worrying about future possibilities that might never happen.

Living life on autopilot or "constantly stressed-out" is bad for our health, our wellbeing, our success, and our relationships. "MINDFULNESS" training is the tool-kit for turning our life around - for breaking out of the cycle of self-sabotaging negatives and creating the positive-cycle uplifting life experiences that we really want - a life that works for us and nourishes us!

**Book Your place:** [www.swaveseyvc.co.uk/booking-payment-form-for-classes](http://www.swaveseyvc.co.uk/booking-payment-form-for-classes)

**More about Holistic [Yin & Yang] Mindfulness:** [www.fullyalive.me.uk](http://www.fullyalive.me.uk)

**Your Tutor: Mike Meredith:** [www.sunflower-health.com/healing.htm](http://www.sunflower-health.com/healing.htm)

### Mindfulness Day Overview

- The art of Mindful Living as it relates to daily life.
- Provides hands-on experience of practical Mindfulness Tools & Practices

#### **You will practise...**

- Techniques to calm Your "monkey-mind" mind when over-active;
- Mindful walking styles that transform energy-flow, mood, posture & body language;
- Self-confidence enhancement via better awareness of feelings, impulses, mood & energy level;
- Tools to improve performance in stressful [interviews, conflict], or self-sabotaging, situations.

This is an experiential and practical, non-academic approach to the life-skills of Mindfulness.

**You will be required to sign a confidentiality agreement to allow everyone safe participation in class sharings & discussions.**

#### **BOOK YOUR PLACE:**

LIMITED PLACES! - Enrol via Adult Education Office at Swavesey College 01954-234488

OR email: [community@swaveseyvc.co.uk](mailto:community@swaveseyvc.co.uk)

OR go to: [www.swaveseyvc.co.uk/booking-payment-form-for-classes/](http://www.swaveseyvc.co.uk/booking-payment-form-for-classes/)