



# Mindfulness for Wellbeing

**An experiential course exploring how to develop  
mindfulness in everyday life**

This 9 session Mindfulness-Based Cognitive Therapy course is NICE approved to prevent relapse into depression and is known to help many conditions such as chronic fatigue syndrome, anxiety and stress.

- Learn how developing mindfulness can build resilience to stress and depression and create a sense of wellbeing.
- Practice simple and effective techniques that can be practiced anywhere at any time.
- Explore strategies for deepening and sustaining a personal practice once the course has finished.

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**Dates:** Monday evenings: 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> June & 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> July  
Plus day of practice Saturday 13<sup>th</sup> July

**Times:** 6:45 – 9 p.m.

**Cost:** £215 (Concessions £165)

**Venue:** The Annex, Holland Court, The Close, Norwich NR1 4DY

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