

Winter



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.

Dates: Monday evenings 28th Jan; (not 4th), 11th, 18th, 25th of Feb; 4th, 11th, (not 18th) 25th of March; 1st April, 18:45 – 21:00. Plus day of practice Sunday 17th March
Cost: £215 (Concessions £165)
Venue: Norwich and Central Norfolk Mind, The Annex, Holland Court,
The Close, Norwich NR1 4DY

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