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Title: Mindfulness: An introduction or refresher

Facilitator Bruce Greenhalgh

Date/time Saturday 28th March 2020 0900 for a 0930 start – 1700

Venue Manor Barn House, Water Stratford, Buckingham MK18 5DS

Please bring a food contribution towards a shared lunch

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| This workshop offers an opportunity for participants to be (re) or introduced to the concept of mindfulness. It is almost entirely experiential with a smattering of theory and will provide opportunity to experience a sample of mindfulness practices that you will be able to integrate into your everyday life.  Mindfulness dates back around 2,500 years to the Buddhist tradition ‘the mind can observe itself and understand its own nature’. In 1990 Jon Kabat-Zinn translated the benefits of Buddhist meditative practices and integrates Eastern philosophy and Western science, through publication of ‘Full Catastrophe Living’ in which he outlines the ground-breaking program, Mindfulness Based Stress Reduction (MBSR). The MBSR program and Mindfulness approaches in 2007 become recommended by NICE the UK government body for clinical excellence as an effective treatment for recurring serious depression. Since 2007 Mindfulness has grown from being a marginal, counter culture approach to becoming a mainstream movement utilised by American Express, Google, and many other leading blue chip companies.  .  Please bring with you a yoga or camping mat, and blanket or wear clothes you don’t mind wearing lying on the floor. |

**About the facilitator:** Bruce Greenhalgh (Adler Dip., MA Couns. FCIPD, BACP Accred) has been a tutor on the Bucks Adlerian Training course for over fourteen years. He works in the area of corporate Employee Assistance and wellbeing Program’s. He has been trained to teach Mindfulness on the world renowned Master’s Program at Bangor University and the Search Inside Yourself leadership Institute in San Francisco where the SIY program was first developed at Google.

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BOOKING SLIP for workshop “Introduction to Mindfulness” on Saturday 28th March 2020, 0900 – 1700

£50.00 per person (£40.00 for BAT students) payable by cheque or electronically 2 weeks in advance to secure a place. If you wish to pay electronically please contact Jill Reynolds for details on 01280 847853 or email: [**jillreynolds49@gmail.com**](mailto:jillreynolds49@gmail.com)For more information: **www.adlerian.org.u**k

Name …………………………………………………………………………………………….. Telephone ……………………………………………………

Address ……………………………………………………………………………………………………………………………………………………………………

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Please return booking form to: **Jill Reynolds, BAT, Manor Barn House, Water Stratford, Bucks MK18 5DS** with a cheque payable to **Bucks Adlerian Training**. A CPD attendance certificate will be sent on completion of the training. If you are unable to attend at short notice, please invite a colleague or friend to come along in your place