

# Cultivating Mindfulness in Everyday Life



## An 8-week course in Mindfulness-Based Stress Reduction

**S**tress is an unavoidable part of our lives. The good news is that we all have the potential for dealing with stress with kindness, wisdom and clarity.

**W**hen mindful awareness is brought to our stressful situations - in work, relationships or as an effect of unemployment or illness - we can find new ways to live more skillfully with these inevitable challenges. With the practice of mindfulness we can also become more aware of the joyful moments of our lives that we often miss.

**M**indfulness-Based Stress Reduction (MBSR) is a wholly secular programme., pioneered in 1979 by Dr Jon Kabat-Zinn at the University of Massachusetts Medical Centre. Studies have shown that committed participation in an MBSR course can result in lasting positive effects on health and well-being.

**T**his 8-week course will introduce participants to different forms of mindfulness practice, including sitting meditation, body awareness and gentle mindful movement. As the emphasis is on bringing mindful awareness into everyday life, home practice will be an important part of the course.

**FACILITATOR:** Niamh Barrett has been practicing mindfulness meditation and attending meditation retreats for a number of years. Her experience of the benefits of mindfulness in her own life has led her to train as an MBSR teacher as she believes that mindfulness practice offers an accessible and radical way of living more fully.

**WHEN:** Tuesday March 16<sup>th</sup> to May 4<sup>th</sup>, from 7pm to 9.30pm. An all-day practice session will take place on Saturday, April 24<sup>th</sup>.

**WHERE:** The Palliative Care Centre, St. Luke's Hospital, Freshford Road, Kilkenny.

**FEE:** €320 includes all course handouts, practice CDs and the all-day practice session.

**ENROLMENT:** Places are limited to 10 people. An orientation session is required as a first step towards enrolment. This individual meeting will be arranged between participant and facilitator in advance of the course.

**For further information or to enrol please contact Niamh on 086 2857212.**

