

Introduction to Mindfulness Workshop

Learn more about mindfulness and how it can benefit you



You may have heard lots about mindfulness but not really know what it is, or how it could benefit you?

Or mindfulness might have been recommended to you, and you'd like to find out what it is and how it can help you?

Perhaps you're feeling stressed, overwhelmed or exhausted and are looking for a way to change how you feel?

What is Mindfulness?

Mindfulness is all about being aware of our thoughts, of living in the present and of being able to observe thoughts without judging them.

Mindfulness has been proven to reduce anxiety and depression and to help increase feelings of wellbeing and happiness.

You can learn to be mindful through lots of daily little techniques as well as through meditation.



Learn about mindfulness

In this introductory workshop you'll be able to find out what mindfulness is, how it can benefit you and have your first meditation!

This workshop is for absolute beginners or those that want a mindful reminder!

We'll link to other mindful tools such as great books, other courses in York if you want to develop your knowledge and online apps and websites.

Next workshop

Sat 10th February - 10am to 1pm

Briar House Resource Centre, 14 Merchants Place, Merchantgate, York, YO1 9TU
£25 for workshops (£20 if you're in receipt of a benefit).

Email mindfulhubuk@gmail.com or book online at www.mindfulhub.co.uk/workshops

Places are limited so book early to avoid disappointment.