



CLICK
MINDFULNESS

In collaboration with the Church of the Good Shepherd, Four Marks

A Mindfulness Course

An 8 week programme in building wellbeing and resilience through mindfulness practices

Venue:

Church of the Good Shepherd

Time:

9.15am-12 noon

Dates:

Week 1: 8th Oct

Week 2: 15th Oct

Week 3: 22 Oct

Half Term Break 29th Oct

Week 4: 5 Nov

Week 5: 12th Nov

Week 6: 19th Nov

Retreat Day 24th Nov (Wed)

Week 7: 26th Nov

Week 8: 3 Dec

*You can't stop the waves
But you can learn to surf.*

Dr David Bush is a trained mindfulness teacher, a psychologist and an engineer. His engineering mindset brings a 'down-to-earthness' to the course, his psychological education brings scientific depth, and his mindfulness training means the course has a strong emphasis on 'what has been shown to work'.



- ◇ Savouring your moments
- ◇ Letting go of rumination
- ◇ Managing stress and overload
- ◇ Separate reacting and responding.
- ◇ Developing self-kindness
- ◇ Find new ways through difficulty

For more information or to register your interest ...

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