

Hi there, my name is Christina and thanks for taking time to read this....

As Helen mentioned I'm a coach who is completing my training in mindfulness and as part of my final exams I have been asked to run a 4-week introduction to Mindfulness course for a small group of people (12 max). I am really happy to run the programme free of charge providing those attending are happy to give me feedback and allow me to record the sessions so elements can be shared with my teacher for my final exam. The recording will only be viewed by my teacher and will be destroyed after the examination.



The sessions will take place **Online** (zoom) on Wednesday evenings on the following dates **September 14th & 21st and October 5th & 12th at 7pm** for 75 mins per session and I will be offering a 15 minute one to one with me halfway through the programme so you can ask me any questions you have or talk about any challenges you might be facing with the practice.

At this stage you might be thinking what is mindfulness and why should I invest 5 hours of my life to learn it?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

It's easy to stop noticing the world around us. It's also easy to lose touch with the way our bodies are feeling and to end up living 'in our heads' – caught up in our thoughts without stopping to notice how those thoughts are driving our emotions and behaviour.

Mindfulness helps us to stand back from our thoughts and start to see their patterns. Gradually, we can train ourselves to notice when our thoughts are taking over and realise that thoughts are simply 'mental events' that do not have to control us.

During these 4 weekly sessions we will be exploring some of the foundations of mindfulness practice, these workshops will include practice sessions and talks and I will give you a recorded practice session to listen to in between our sessions in your own time. I will encourage you to take some time out each day to be mindful and we will look at a number of ways you can do that which includes sitting, walking and whilst you are engaged in your daily activities.

Mindfulness is an incredibly simple but deeply profound practice that has changed my life in so many ways, so I really look forward to sharing these practices with you during our workshops.

If you are interested in joining me for the session please email me at [christina@christinagrants.org](mailto:christina@christinagrants.org) and I will book you onto the on line session and send you some simple joining instructions so you feel really prepared and relaxed when we start. I look forward to meeting you online on the **14th September** at 7pm.

*Christina*