**Classes and Activities – Information Sheet**

**Mindfulness Night School** - AU2018

**Category:** Adult (18+ years)

**Day:**  Tuesdays

**Dates:** Tues 23 Oct, 13 Nov and 11 Dec

**Time:**  7.30pm – 9pm

**Location:**  Norden Farm Centre for the Arts

**Tutor:**   Jane Barker

**Class Size:**  Up to 20

**Cost of class:** £10 per session

**Information about the sessions:**

A monthly drop in for anyone interested in finding out more about mindfulness. Each session requires no previous knowledge of mindfulness, but can also enrich and broaden the practice of anyone who has already been on a course or has experience in meditation. Each evening has a theme which we explore together through readings, exercises, discussion and practices. You can book just one session or a whole season and join this popular, friendly group to take a pause and notice that we are human ‘beings’ not human ‘doings’.

**Materials or clothing required and any additional costs:**

Please bring a cushion.

**Clothing:**

It is advisable to wear comfortable clothing.

**Tutor biography:**

**Jane Barker** has BSc (Hons) Psychology (1st class), MSc Psychology and is currently writing up her Doctoral submissions to qualify as a Counselling Psychologist and Psychotherapist. Jane has many years of professional experience working with a wide variety of clients, including trauma, depression and anxiety.

Jane became interested in mindfulness-based approaches to well-being through her work in a stress related field. She trained with Oxford Mindfulness Centre and Bangor University and receives regular supervision and training for her own continuing personal and professional development. Being a Mindfulness teacher has enabled her to pass on the techniques which have helped her personally.

Jane is a fully qualified teacher of Mindfulness Based Stress Reduction (MBSR) and MBCT (Mindfulness Based Cognitive Therapy), holding regular classes and one-to-one sessions in Buckinghamshire and the Chilterns. She is a member of UK Listing of Mindfulness Teachers.

**To book please contact: Box Office on 01628 788997 /** [**www.nordenfarm.org**](http://www.nordenfarm.org/)

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