

**Classes and Activities – Information Sheet**

**Mindfulness Night School** - SPR2018

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

**Dates:**  Tues 16 Jan, 6 Feb, 6 Mar, 17 Apr

**Day:**  Tuesdays

**Time:**  7.30pm – 9pm

**Location:**  Norden Farm

**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 is around 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’.

**Tues 16 Jan**

**Mindfulness intentions for 2018**

Do you set yourself resolutions for the New Year? How about setting Good Intentions to nourish yourself instead? Let’s take a look at the stuff we fill our lives with and how they contribute to our physical and psychological well-being**.**

**Tues 6 Feb**

**Mindfulness and Love – Connecting**

We are born defenceless with a need to relate and feeling connected is good for our psychological well-being. Mindfulness practices can help us connect both with ourselves and others.

**Tues 6 Mar**

**Mindfulness for Pain**

Research shows that mindfulness can be as effective as prescription painkillers. This session focuses on the use of mindfulness to relieve pain and its associated suffering.

**Tues 17 Apr**

**Mindfulness for Insomnia**

Is your mind stuck in the ‘on’ position, making the idea of sleep impossible? This session looks at how mindfulness regulates stress to create a sense of calmness conducive to restful sleep.

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

Please bring along a cushion.

**Clothing:**

It is advised 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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