

Classes and Activities – Information Sheet

Mindfulness Night School – SPR2020

Category:	Adult (18+ years)
Day:	Tuesdays
Dates:	14 Jan and 24 Mar
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'.

Aims and objectives:

To learn more about mindfulness and have the opportunity to experience it through guided practices.

Materials or clothing required and any additional costs:

Please bring a cushion.

Clothing:

It is advisable to wear comfortable clothing.

Tutor biography:

Dr Jane Barker is 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.

To book please contact: Box Office on 01628 788997 / www.nordenfarm.org

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