**Classes and Activities – Information Sheet**

**Mindfulness Night School** - SUM2018

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

**Day:**  Tuesdays

**Dates:** 15 May, 12 Jun, 10 Jul, 14 Aug

**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’.

**15 May: Mindfulness - Taking care of ourselves to be able to take care of others**

It is easy to think of Mindfulness as selfish but actually, recharging ourselves and learning stress reductions to pass on to others can be the wisest choice we make.

**12 Jun: Mindfulness - Acceptance, what if there is no need to change?**

Always trying to be better, nicer, more efficient... No wonder we're stressed! Is acceptance of who we are the key?

**10 Jul: Mindfulness - Feel it to Heal it**

Responding to stressors and other difficulties in our life requires us first to notice what

is going on for us. This session explores how we often distract ourselves to avoid

feeling discomfort.

**14 Aug: Mindfulness - Just noticing**

Expanding on last month’s session, we will continue to explore how noticing what is

going on in the present moment can bring us more in touch with ourselves and free us up from worry and anxiety.

**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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