

**Classes and Activities – Information Sheet**

**Mindfulness Night School AU2017**

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

**Dates:**  Tues 12 Sept, 10 Oct, 14 Nov, 12 Dec

**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’.

**September: Beginner’s Mind**

With a new academic year just starting it gives an opportunity to see things with a new perspective. Mindfulness teaches us to step out of automatic pilot to see things with beginner’s mind.

**October: Mindfulness for Anxiety**

Anxiety is a natural, if unpleasant, response to stressors which can really interfere with our enjoyment of life. Come and see how mindfulness can help us recognise and manage our anxiety.

**November: Mindfulness for Depression**

Research at Oxford University has proven Mindfulness as effective in dealing with recurring depression through taking a neutral stance on negative feelings and accepting what we feel with detachment. Come and find out more.

**December: Christmas Peace**

An opportunity to step away from all the usual frantic Christmas preparations and hold an intention to embody the peace and goodwill of the season.

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

Please bring along 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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