

# Mindfulness-Based Stress Reduction (MBSR)

## 8-week course – what to expect



### What people say about the course

*"I found the MBSR course with Amy transformative. The opportunities to explore anxiety and stress, to learn to identify the signs of these emotions in myself, and the behaviour and thought patterns triggered by these emotions in a safe space have helped me to work to break negative habits and reframe negative thought patterns. I have learnt some very helpful mindfulness tools and strategies to build into my daily routines and create oases of calm, which make a huge difference." - Lynda*

*"I attended the 8 week course at a point in my life when I was feeling particularly stressed and anxious, largely because of my job. From the first session, I was able to take away useful strategies to put into practice. A few weeks on, I am still practising mindfulness regularly, including when I am at work...I would thoroughly recommend this course to anyone; we all lead busy lives, and 21st century lifestyles can be stressful and fast paced. It's all too easy to live in the past or the future, and miss the very many wonderful things right here in the present." - Angie*

*"I found listening to others with similar issues comforting. I felt that Amy reassured us in very positive ways and succeeded in enlightening me about thoughts being perfectly normal during meditation! ...Amy was a wonderful teacher. She was fun and enthusiastic and facilitated us sensitively with firmness and understanding. Her sense of humour helped to break the ice and helped us to relax and participate in the course." - Janice*

### What is Mindfulness?

Mindfulness is developed by purposefully paying attention in a non-judgemental way to your experience of your body, your mind and the world around you. Mindfulness is about being awake and aware and living in the present, rather than dwelling in the past or anticipating the future.

Staying in touch with the present in this way, from one moment to the next, may lead you to experience yourself differently, perhaps feeling less stuck, or recognising more strength, balance and confidence in yourself. Most people completing this type of programme report lasting physical and psychological benefits including:

- Greater self-confidence and more acceptance of life as it is.
- An increased ability to cope effectively with both short and long-term stressful situations.
- An increased ability to relax and experience calm.
- More energy, enthusiasm and appreciation for life.

## What does the course involve?

You will be taught in a group of up to 12 people. The course consists of eight evening sessions of two hours, and one day retreat: a six-hour session of mostly silent practice. The teaching is largely experiential: “learning by doing” - and consists of guided meditation practices, reflection on experiences, and small and large group work.

**There will also be daily home practice taking 20-40 minutes.** You will have handouts and audio files (MP3) to help you with your home practice.

Getting the most out of the course will require some work on your part. It requires a strong commitment to work on yourself through a gentle but rigorous daily discipline of meditation and movement practice. **Making the commitment to devote the time needed for this personal exploration can feel difficult, but most people consider it very worthwhile.**

## Taster session

It is important to learn more about the course before you commit yourself. Please attend the taster session where you will have the opportunity to experience a short meditation practice similar to the ones you will be learning on the course; as well as ask questions and consider whether the course feels right for you. If you are unable to attend the taster session, we can answer any questions you may have individually.

## Who is the course for?

The course is suitable for most people. We all experience stresses and strains in life, and the course teaches skills to help manage difficulty.

**If you wish to book on to the course, we will arrange to have a short discussion with you to check that this course is right for you at this time.** *Doing this course can be a stressful experience at times – things can feel worse before they feel better!* It is important that you are feeling relatively stable and well. Please note that this course is not a therapy group and not a substitute for counselling.

## Support during the course

Should you experience any difficulties in connection with the course in between the sessions, Amy will be available via email during the week, and we can have a chat by phone if needed. She will not be able to offer therapeutic support.

## MBSR course dates Spring 2020

### Taster session

- Monday 14<sup>th</sup> September, 7.30-9.00pm

**Taster session cost £10**

### Course dates and venue

**8 week course runs on the following Monday evenings, 7.15-9.15pm**

- Week 1 - 5<sup>th</sup> October
- Week 2 - 12<sup>th</sup> October
- Week 3 - 19<sup>th</sup> October  
(26<sup>th</sup> October – no session, half term)
- Week 4 - 2<sup>nd</sup> November
- Week 5 - 9<sup>th</sup> November
- Week 6 - 16<sup>th</sup> November
- Week 7 - 23<sup>rd</sup> November
- Week 8 - 30<sup>th</sup> November

### Plus retreat day

Sunday 22<sup>nd</sup> November 10am - 4pm

### Venue

St Luke's Therapy Centre, 53 Cainscross Road, Stroud GL5 4EX **OR** live online depending on the pandemic situation

### Course fee

- **Standard rate** £275 – OR early bird save £50, pay £225 if booked by 21<sup>st</sup> September
- **Concession rate** £150 – there are limited places available at this reduced rate. Please only request this rate if you are in receipt of benefits or you are on a low income and would find it otherwise inaccessible to attend due to the fee.

### Cancellation and refunds

If you pay for the course and decide to cancel, you will only receive a full refund if cancellation is made 10 working days before the course start date. After this time, refunds will only be given in exceptional circumstances (at the discretion of the teachers).

If you start the course and then find you cannot attend for the remaining weeks, a refund will not be given – however if there are exceptional circumstances, you may be offered a place on a future course at a discounted rate (at the discretion of the teachers).

## About your teachers

### Amy West

Amy worked for 12 years in stressful desk-based jobs, then re-trained to teach yoga and meditation in 2013 – inspired by the way that these practices had supported her during difficulty, and wanting to share this with others. Since 2016 Amy has undertaken mindfulness teacher training with the Centre for Mindfulness Research and Practice at Bangor University, and is a UK Mindfulness Network listed teacher, demonstrating that she has achieved a high level of competency in mindfulness teaching. She is committed to following the good practice guidelines published by the [UK Network of Mindfulness-Based Teacher Training Organisations](https://www.mindfulnessalliance.org/uk-network-of-mindfulness-based-teacher-training-organisations/).

**Co-Teacher – to be confirmed**

## Confidentiality

Discussions between teachers and course participants will normally be held in complete confidence. The exception to this is if we are sufficiently concerned about a matter with serious criminal, ethical or safety implications shared by a course participant, in which case we reserve the right to breach confidentiality by consulting with another responsible person. Every effort would be made to discuss this with the participant in the first instance.

We receive regular supervision for our work and therefore may discuss matters arising from the course in supervision. All reasonable care will be taken to ensure anonymity.

## Complaints

If you start the course and are not satisfied, please do not hesitate to discuss any concerns with us directly so that we can agree the best way forward.

## Questions?

Please contact Amy if you have any further queries – details below.



**Birdwings**  
**Yoga | Massage | Mindfulness**  
07472 191278  
[amy@birdwings.co.uk](mailto:amy@birdwings.co.uk)  
[www.birdwings.co.uk](http://www.birdwings.co.uk)