



WEBSITE: www.lancashiremindfulness.co.uk

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DAY OF MINDFULNESS PRACTICE

Sunday 10th December, 2017, 10:00 to 16:00, Cost £25

Free to those people currently on Lancashire Mindfulness CIC MBCT courses (Preston & St. Annes)

These Days of Mindfulness are for people who have completed an 8-week mindfulness-based course OR are currently on an 8-week course. The intention is to provide a day of practice, guided by experienced mindfulness teachers, where participants can deepen their practice and experience of learning mindfulness. The Day is a silent day for participants, a time to drop into being with our experience without usual conversation and chatter to distract us from our present moment experience.

Previous course participants have commented that initially they were very apprehensive about the silent aspect of the Day of Mindfulness but afterwards commented on the powerful nature of this day in helping integrate mindfulness into their lives.

Other participants regularly attend these Days of Mindfulness and describe how it helps them to maintain their daily practice and to deepen their own experience of moment to moment awareness.

For more information contact Lisa Graham at admin@lancashiremindfulness.co.uk,

To book email Lisa at lisa.graham@lancashiremindfulness.co.uk and an invoice can be sent to you for BACS alternatively you can secure a place using **PayPal** go to www.lancashiremindfulness.co.uk

The Mandala Yoga & Therapy Centre, 18 Derby Street. Preston. PR1 1DT, behind Preston Bus Station



ABOUT YOUR MINDFULNESS TEACHER: Lisa Graham is a BABCP accredited CBT therapist, supervisor and trainer (BABCP: 986088), she continues to work part-time in the NHS following a 20 year career in mental health and IAPT Services. She is a registered mindfulness teacher, supervisor and trainer registered* on the Be Mindful Mental Health Foundation Website and with the UK Network of Mindfulness Training Organisations. Lisa has a Diploma as a qualified Yoga Teacher with the British Wheel of Yoga (BWY- 0013932 T) and is the Director of Lancashire Mindfulness CIC, a not-for-profit Community Interest Company.

Lisa has had relapsing depression since she was 14 years old, her daily mindfulness and yoga practice help her maintain her health and well-being and better manage her depressive relapses.