



WEBSITE: www.lancashiremindfulness.co.uk

EMAIL: admin@lancashiremindfulness.co.uk

Mindfulness-based Cognitive Therapy 8 week course

Great value, high quality mindfulness courses run by an experienced CBT therapist who is registered as a mindfulness teacher* (see below)

Saturdays at 10:00 – 12:00 (only 10 places available)

FREE Taster session: Saturday 9th September, 11:00 to 13:00

8-Week Course dates: 30th Sept, 7th, 14th, 21st Oct, 11th, 18th, 25th, Nov, 2nd Dec, 2017

Cost includes **Day of Mindfulness Practice**, 10 – 4 Sunday 10th December, 2017

All for £160

Mindfulness-Based Cognitive Therapy (MBCT) was designed to help people who are prone to recurring depression. It combines mindfulness techniques like meditation, and stretching, with elements from cognitive therapy to help break the negative thought patterns that are characteristic of relapsing depression. MBCT teaches you to pay attention to the present moment, rather than worrying about the past or the future, and to let go of the negative thoughts that may tip you over into a depression. It will also give you greater awareness of your body, helping you to identify the signs of a lapse and ward it off before it takes hold.

Great value training package includes 8-week course (16 hours teaching), course hand-outs and practice downloads on a handy USB stick.
For more information contact Lisa Graham at admin@lancashiremindfulness.co.uk

THIS COURSE DOES NOT TRAIN YOU TO TEACH MINDFULNESS TO OTHERS ALTHOUGH IT COULD BE THE FIRST STEP ON OUR MINDFULNESS TEACHER TRAINING PATHWAY



Studio 2 (Ground Floor Studio)

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 and supervisor (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 own depressive relapses.