



WEBSITE: [www.lancashiremindfulness.co.uk](http://www.lancashiremindfulness.co.uk)

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## Drop-In Mindfulness Meditation Practice Sessions

Whether you have completed a course and wish to practice with others or are curious about mindfulness practice and would like to give it a try.

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

**Saturdays 09:00 – 09:30**

**Sessions recommence Saturday 4<sup>th</sup> February 2017**

**£2:50 per session**

**No need to book**

Bring your own meditation stool or cushion, although some are available for use

For more information contact Lisa Graham at [admin@lancashiremindfulness.co.uk](mailto:admin@lancashiremindfulness.co.uk),



**Lancashire Mindfulness CIC runs drop-in mindfulness practice sessions, 8-week MBCT courses, Days of Mindfulness practice and Teacher Development Courses from The Mandala Yoga & Therapy Centre, 18 Derby Street. Preston. PR1 1DT**

**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 offers both Mindfulness-based Cognitive Therapy and Mindfulness in a Frantic World courses. She also teaches for Oxford University Centre for Mindfulness, most recently on the MYRIAD Mindfulness in Schools trial.

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.