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## Day of Mindfulness Guided Practcice

**Sunday 12<sup>th</sup> July, 2020 10:00 to 16:00, cost £25**

**FREE to those people who have completed an MBCT course with Lancashire Mindfulness CIC**

These Days of Mindfulness are for people who have completed an 8-week mindfulness-based course (or similar). The intention is to provide a day of practice, guided by an experienced mindfulness teacher, 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 mindfulness teachers or busy professionals its all about optimising self-care.

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

To book email Lisa at [lisa.graham@lancashiremindfulness.co.uk](mailto:lisa.graham@lancashiremindfulness.co.uk) and an invoice can be sent to you for BACS

**VENUE:** Galloways ground floor meeting room (with disability access, toilet and kitchen facilities, free on-site parking and close proximity to motorway networks – M6, M61, M65), Howick House, Howick Park Ave, Penwortham, **PRESTON**. PR1 0LS



**Galloways**

Support through  
sight loss

**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.