



WEBSITE: www.lancashiremindfulness.co.uk
EMAIL: admin@lancashiremindfulness.co.uk
Follow us: [Facebook](#), [Instagram](#) & [Twitter](#).

**“Have you heard about mindfulness?” Want to know more....
FREE MINDFULNESS TASTER SESSION
SATURDAY 7th September 2019, Penwortham
11:00 to 13:00** (no need to book, just come along).

This **FREE EVENT** will allow you to **find out more** about mindfulness-based approaches and to **try some brief practices**.

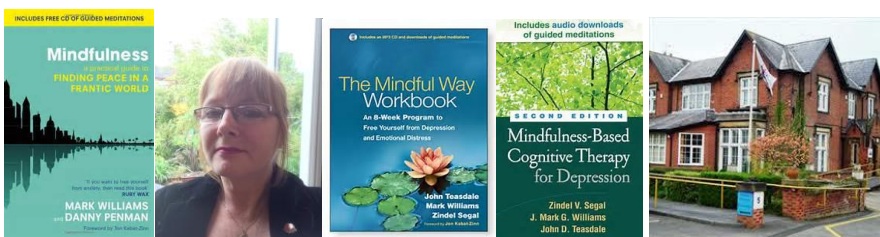
Learn about the science behind Mindfulness-based Cognitive Therapy. Understand the **latest research** indicating the **changes in your brain** when you develop a regular mindfulness practice.

Hear from our **mindfulness volunteers** and trainee teachers, who will tell you about **their experiences of learning mindfulness**.

For more information email admin@lancashiremindfulness.co.uk

VENUE: Galloways ground floor Social Centre (with disability access, toilet and kitchen facilities, free on site car parking and close proximity to local 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 as a CBT therapist in the NHS accruing over 20 years NHS Service. 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 a contract with Oxford University and taught on the MYRIAD trial for the Oxford Mindfulness Centre (2016-2018). Lisa is also a supervisor on the NHS England funded IAPT MBCT Foundations in Teacher Training (2018-2019). With her IAPT NHS Mindfulness team, her NHS Trust were recognised and commended as a fully implemented MBCT site by the ASPIRE study (2014).