



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

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## FREE MINDFULNESS INTRODUCTORY SESSION SATURDAY 4th May, 2019, PRESTON 10:00 to 12:00 (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** who will tell you about **their experiences of learning mindfulness**.

For more information email [admin@lancashiremindfulness.co.uk](mailto:admin@lancashiremindfulness.co.uk)

Upstairs in Studion1, The Mandala Yoga & Therapy Centre, 18 Derby Street. Preston. PR1 1DT,



**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.