



WEBSITE: www.lancashiremindfulness.co.uk
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Mindfulness for Health & Wellbeing (MBCT) 8-week course

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

Saturdays at 11:00 – 13:00

FREE Taster session: Saturday 7th September **2019**, 11:00 to 13:00

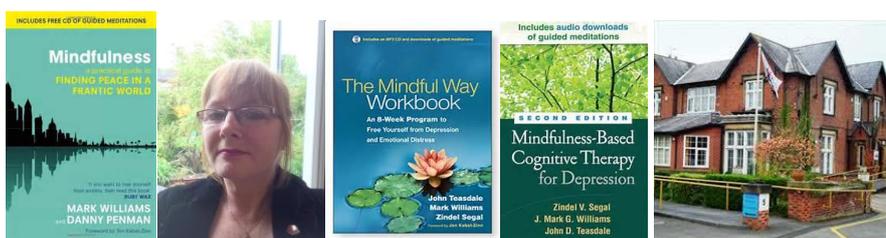
8-Week Course dates: 21st and 28th September, 5th, 12th, 19th October, 2nd, 9th, 16th November, 2019.

All for £195 (early-bird rate £175 if booked before 15th August 2019.)

Mindfulness-based Cognitive Therapy courses offer unique opportunities to develop scientifically proven skills that promote positive mental health by living more in the present moment. Too often we get caught up dwelling on the past or worrying about the future. Learn mindfulness skills to better manage your stress, pain, depression or anxiety

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 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 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).