



WEBSITE: www.lancashiremindfulness.co.uk

EMAIL: admin@lancashiremindfulness.co.uk

Mindfulness for Health & Wellbeing (MBCT) 8-week course

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

Saturdays at 11:00 – 13:00

FREE Taster session: Saturday 16th February 2019, 11:00 to 13:00

8-Week Course dates: 2nd, 9th, 16th, 23rd March and 6th, 13th, 20th and 27th April, 2019.

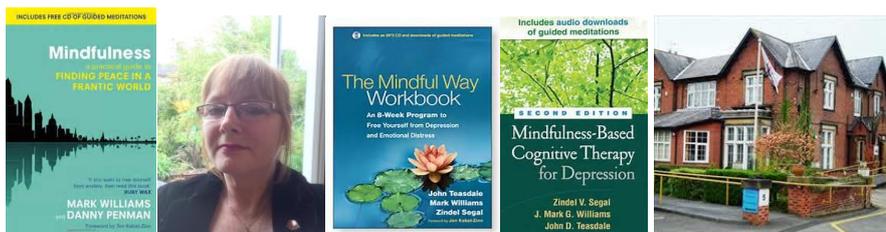
All for £195

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. Stuck in repetitive patterns of the mind.

Learn mindfulness skills to better manage your daily stress, pain, depression or anxiety

VENUE: Galloways ground floor meeting room (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 as a fully implemented MBCT site by the ASPIRE study (2014).

Lisa has experienced relapsing depression since she was 14 years old, a result of early life experiences. Her daily mindfulness and yoga practice help her maintain her health and well-being and better manage her own depressive relapses.