

# Mindfulness Based Living Course At Yorkshire Yoga & Therapy Centre.

*Want to change the way you think, feel & act? Read on!*

## Why Mindfulness?

Mindfulness meditation is a way of paying attention to, and seeing clearly whatever is happening in our lives. It helps to reduce stress as well as to develop more focus and mental clarity. It has a beneficial effect on our working practices and relationships.

## What is it?

Combining non-religious meditation, breathing techniques, paying attention to the present moment, as well as developing positive thinking and clarity of mind, mindfulness helps people change the way they think, feel and act.

## What are the benefits?

Meditation and mindfulness can help bring about a natural sense of peace and well-being that can extend to every aspect of our lives. People who meditate regularly tend to sleep better, handle the ups and downs of daily life with more clarity and ease and relate to others with more compassion and warmth.

The Mindfulness Based Living Course has been developed by the Mindfulness Association to give a comprehensive introduction to mindfulness by developing it as a practice for daily life.

The secular training draws on an integration of Buddhist and Western psychologies and also includes compassion practices to develop our capacity for kindness to ourselves and others.

The course is experiential - giving participants an in-depth personal experience and a solid foundation on which to build an ongoing, beneficial personal practice.

It is a step by step journey into a deepening experience of being present. We begin to discover how we can relate differently to ourselves and our lives, nurturing both awareness and kindness.

In a friendly, relaxed and supportive environment each session is based on a specific theme and includes some theory, guided mindfulness practices and time to share and reflect.

The course consists of eight classes, which are typically two hours long, preceded by an introductory class before the eight week course begins and concluded by a follow up class after the eight week course ends.

The weekly themes are:

Introduction -	What is Mindfulness and Why Practise it?
Week 1 -	Start Where We Are
Week 2 -	The Body as a Place to Stay Present
Week 3 -	Introducing Mindfulness Support
Week 4 -	Working with Distraction
Week 5 -	Exploring the Undercurrent
Week 6 -	Attitude
Week 7 -	Self - Acceptance
Week 8 -	A Mindfulness Based Life
Follow up -	The Rest of Your Life



Home practice between classes can greatly enhance the benefits derived from the course. Participants receive a course manual, notes and guided audio downloads to support this. The course is suitable for beginners or those who wish to deepen their practice in the support of a group.

MBLC is recognised by the UK Network of Mindfulness Based Teachers and meets The Good Practice Guidelines.

### About Mindfulness Teacher Caroline Salter

*"I first learned to meditate in my early twenties when I took myself off for an afternoon of mindfulness training at the West London Buddhist Centre. Since then it has been a long and circuitous route to the present!"*

*I began to practise Yoga more than twenty years ago and became a Yoga teacher with the British Wheel of Yoga in 2003.*

*But despite my Yoga practice a tendency towards anxiety, depression and also a desire to fully enjoy the richness of life brought me to the practise of mindfulness. I found it to be transformative. I began with an MBSR course and then, wishing to deepen my practise, happily discovered The Mindfulness Association and Samye Dzong, Scarborough. Here I went on to do two years of Mindfulness and Compassion training with esteemed teachers Ani Tselha, Graeme Armstrong and Joanne Crossley.*

*Wishing to share the benefits I had experienced in my own life with others I completed my Teaching Level 1 Course at Samye Ling in 2016 and then the MBLC retreat (Teaching Level 2) at Samye Ling in summer 2017.*

*I continue to train with the Mindfulness Association (currently Mindfulness Level 3) and other wonderful teachers."*

See when the next course is starting on our website. [www.yorkshireyoga.co.uk](http://www.yorkshireyoga.co.uk)

For further enquiries or to book onto the course please either:

Call Yorkshire Yoga & Therapy Centre on 01423 864343 or email us at [info@yorkshireyoga.co.uk](mailto:info@yorkshireyoga.co.uk)

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