

# Mindfulness Based Stress Reduction (MBSR)

**Course Duration** Nine, weekly 2 hour sessions

**Course Cost** £160 per person to include:  
Course handbook and CDs with practice Mindfulness exercises.

**Target Audience** These courses are suitable for anyone. Some of the reasons people attend the course include learning to relate differently to stress or physical problems or to learn more about themselves and how they relate to the world.

## Course Information

The practice of Mindfulness allows us to become more awake to the present moment, providing a way to experience yourself and the world around you with non-judgemental awareness.

Mindfulness is a skill that improves our wellbeing by helping us make better choices about our own self-care.

With a long pedigree, mindfulness has been used successfully in a broad range of health care settings and has been validated through numerous research trials.

- The course consists of an orientation session and then eight 2-hour sessions with daily home practice of up to 45 minutes.
- Getting the most out of the course will require some work on your part. It requires a strong commitment to work on yourself through a gentle but rigorous daily discipline of mindfulness practice. Making the commitment to devote time needed for this personal exploration can feel difficult, but most people find it worthwhile.



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### Course Benefits

- Mindfulness training:
- Helps develop greater awareness of self and others
- Offers new ways of managing stressful events
- Increases our ability to be calm and relax
- Improves concentration and creativity
- Improves our ability to be alongside others with greater empathy and understanding
- Allows one to be fully present in the moment: opening to greater enthusiasm and appreciation of life

**For course dates and to book visit:**

**[www.rowanshospice.co.uk/training](http://www.rowanshospice.co.uk/training)**

### Venue

Rowans Hospice Seminar Room  
Purbrook Heath Road  
Purbrook  
Waterlooville  
Hampshire  
PO7 5RU