

8 Week Mindfulness Course



Dates and times: 8 weekly sessions; Thursday evenings 7pm to 9pm. From 13th September to 1st November 2018.

Content: You will learn what mindfulness is and how to develop your own mindfulness practice over the 8 weeks. This will be through teaching about the concepts of mindfulness, discussion and guided meditation exercises, including mindfulness of breathing, the body scan, mindful movement and self-compassion.

Benefits: Mindfulness practice is beneficial to our psychological wellbeing. It can help reduce stress/ anxiety/ depression and supports us to cope better with the ups and downs of daily life.

Teachers: Two qualified mindfulness teachers will lead each session.

Learning materials: Manual, guided meditations and apps provided to support home practice.

Group: Up to 16 attendees. Meet like-minded people!

Certificate of completion: Provided at end of course.

Venue: Westwoods Health Club.

Parking: Within the car park in grounds of Westwoods

Cost: £200 (£190 for members of Westwoods Health Club; Free 7 day pass for Westwoods Health Club for non-members).

Age: 16yrs+

Our Mindfulness Team:



Dr Fiona Wilson



Fiona Mackay



Dr Lucy Clark



Booking Form

8-week Mindfulness Course

Name:

Telephone number:

Email address:

Westwoods Health Club member? Yes/ No (Please circle).

(Non-members can ask for their free 7-day pass from Westwoods Health Club reception, from when the course begins)

If Yes, please provide Westwoods Health Club membership number:

(We will confirm your membership with the club, then members will pay reduced rate of £190 for course).

Do you currently practice in mindfulness? Yes/ No (Please circle).

Have you attended a mindfulness course before? Yes/ No (Please circle).

What do you hope to gain from attending?

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'I have read and I agree to the cancellation policy'

Signature: (typed will suffice if this is emailed)

Date:

This completed booking form can be emailed to us at admin@edinburghpractice.com Or posted to us at: The Edinburgh Practice (Mindfulness Team), 35a Northumberland Street, Edinburgh, EH3 6LR. Please do not hesitate to contact us by telephone if you wish to discuss any aspect of the above, on 0131 467 0981. Your payment of either £200 or £190 can be made to us over the telephone.

Cancellation Policy

8-week Mindfulness Course

Cancellation on or before date:	Refund due:
16.08.18	Full refund
23.08.18	50% refund
30.08.18	25% refund
31.09.18	No refund