

Mindfulness & Meditation Course

This Course is designed to help you understand Mindfulness, how to practice it in your daily lives and develop a regular Meditation practice.

Completing the course will help participants learn to pay attention to their thoughts and feelings to help deal with difficult emotions and a busy mind
anxiety and depression
growing awareness and dealing with stress
learning the importance of compassion, self-compassion and gratitude

The first 6 weeks of the course is designed for people of all faiths and none and covers all the basic concepts of Mindfulness.

A further 2 weeks is available for those wanting to incorporate Mindfulness techniques into their Christian spiritual practice.

Learning materials and meditations are available to download and keep.

This course is designed and led by Sue Steer who has been practicing Mindfulness for 10 years and trained as a Mindfulness Teacher to share its benefits amongst the people she lives and works alongside. Sue spends her days being a Pioneer Community Worker and Baptist Minister. She also loves walking, running and being out with husband Dave in Thelma, their Campervan. Together they have two grown up sons who long to be travelling and performing music when this pandemic is over.

Weekly one hour sessions from
Wednesday, 3rd February 2021 -
24th March 7:30pm

via Zoom

Cost : £25 for 6 weeks
£30 for 8 weeks
concessions available

Contact : suesteer27@gmail.com

