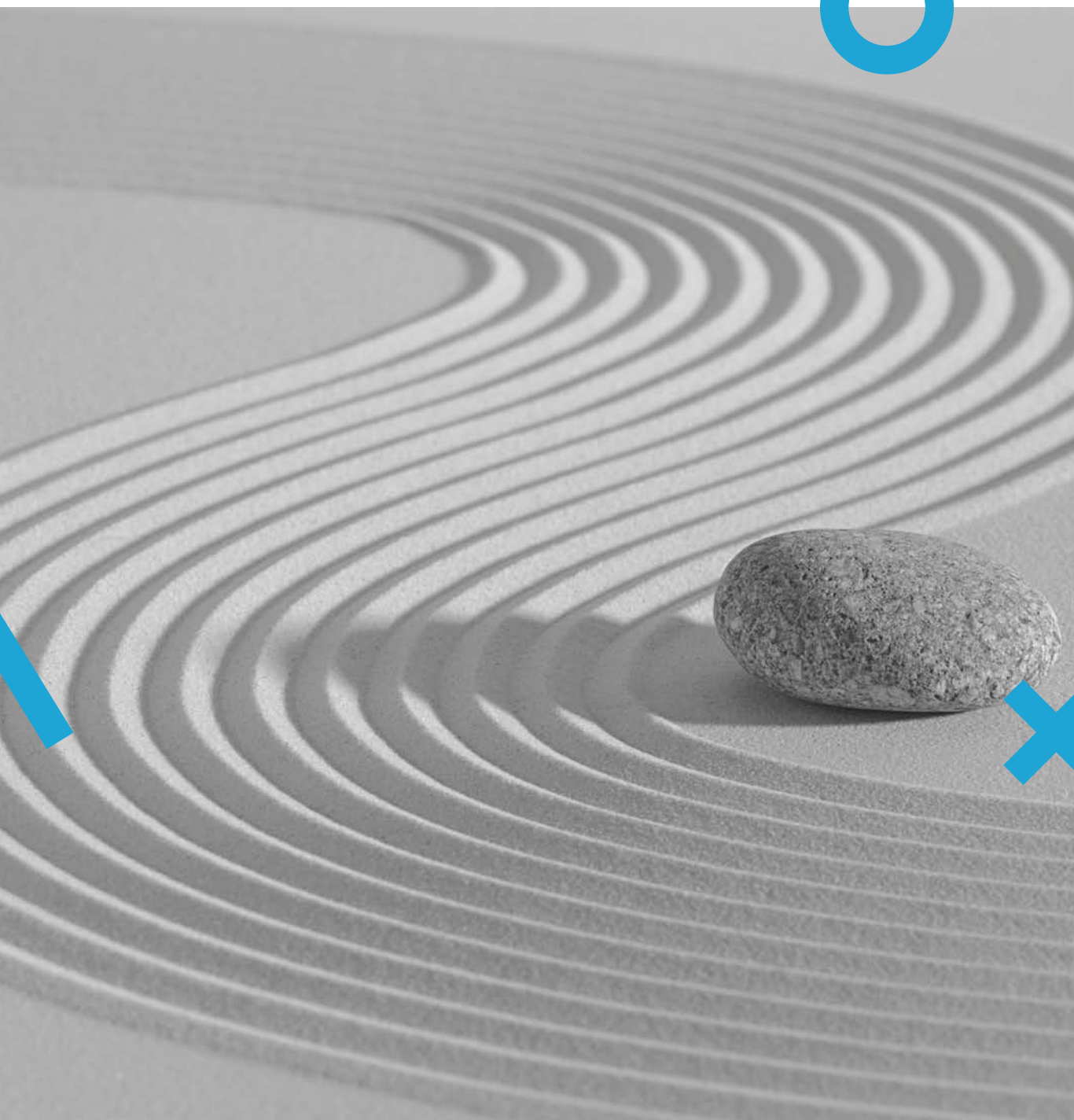




Mindfulness for Wellbeing Online Course



A Brand New Online Course Giving You The Exact Steps You Need To
Reduce Stress, Anxiety, and Pain Through Meditation, Without
Trying So Hard!



Mindfulness for Wellbeing: A Brand New Online Course Giving You The Exact Steps You Need To Reduce Stress, Anxiety, and Pain Through Meditation, Without Trying So Hard!

- Do you often find yourself thinking a lot about the past, or worrying about the future?
- Have you heard of the term “mindfulness” but wonder exactly what it means or how it can help you?
- Have you tried meditating before but found it too difficult to “switch off” distracting thoughts?

Complete this Zenways course over 8 weeks from the comfort of your own home, and go from confusion, frustration, and stress, to finally developing a meditation practice that actually works for you.

Pay in one up-front payment of just £195, and receive access to everything including live group weekly Zoom training, meditations, exercises, and your very own workbook to follow as you go.

EARLY BIRD DISCOUNT: Book your place before 26th June 2021 and pay only £145!

The start date for our next course is Saturday 3rd July 2021 at 9 am, and we will meet for 90 minutes every Saturday for 8 weeks.

But act quickly - we are limiting the number of places in order to keep classes small and allow space for questions and suitable feedback. Booking is on a strict first-come, first-serve basis.

TO BOOK YOUR PLACE, CONTACT PRACTICE MANAGER KATHY FREEMAN:-

EMAIL: HELLO@LOCALCOUNSELLINGCENTRE.CO.UK

OR

TELEPHONE: 01462 674671



Mindfulness



The Number One issue that people come to us with when seeking a mindfulness practice, is the fact that mindfulness and meditation can feel mysterious and difficult to achieve. In fact, there are many myths and misunderstandings about mindfulness and meditation, so it can be difficult to gain sound advice and help with your practice.

Does this sound familiar?

- You try to meditate but find that you fall asleep
- You feel frustrated that you can't switch off your thoughts and make your mind go "blank"
- You believe that you are simply "not good at meditation"
- You're not sure if you are "doing it right"
- You've tried meditation apps but feel you want your practice to be more in-depth
- You feel restless when sitting still for too long
- You find it difficult to get into a comfortable position

The Zenways 8 week course has helped many individuals in this situation deal with these exact issues all the time, day-in, day-out.

You may have heard about the benefits of, and feel a calling towards, living a more "present life". But what does that actually mean? Mindfulness apps can be very helpful for some people, but it's also easy to feel isolated in your practice, and lacking any personal feedback it's easy to get stuck.

This course is perfect for you if:-

- You want to reduce unhelpful emotions such as stress, and anxiety in a healthy way
- You have a genuine desire to make positive changes in your life
- You are willing to dedicate regular time for your own self-care
- You are committed to putting in the work necessary to create harmony and balance in your life

What's included?

This 8-week course has been created to support you in establishing the daily habit of practising mindfulness so that you can establish a foundation and get your questions answered as you move through the process.



Week 1 - Finding a posture that works for you and supports your practice

You will understand:-

- The important connection between our posture and our attention
- How to use your posture to support your practice
- Different types of posture for meditation

Week 2 - How mindfulness can help with stress

You will learn:-

- The difference between a stressor and stress
- How we can 'take our seat' during challenges
- To find a 'baseline' of ease and notice when this changes

Week 3 - How mindfulness can help with anxiety

You will know:-

- How our imagination can fuel anxiety and what to do about it
- The importance of acceptance in reducing anxiety
- How to slow down when you need to

Week 4 - How mindfulness can help with physical pain

You will gain:-

- An understanding of the 'pain cycle' and how to change it
- A more spacious relationship to discomfort
- Greater confidence in dealing with pain





Week 8 - Where to go from here?

You will plan:-

- How to deal with challenges
- How mindfulness can be integrated with your daily life
- Having deepened your practice, where you'd like to go from here

This course is NOT for you if:-

- You aren't committed to making positive changes in your life
- You aren't prepared to put the time in
- You have deep-rooted emotional issues that would be more suited to one-to-one counselling or psychotherapy



Your Teacher – Richard Munn



Beginning his formal practice of meditation 18 years ago in the Theravadin Buddhist tradition, Richard then attended several intensive international Zen retreats before completing one year of retreat practice in a Tibetan Buddhist lineage. A trainee Human Givens Psychotherapist, Richard is now a student mindfulness teacher in the Zen lineage of Zenways, London.



Who are LCC?

At LCC, we have helped thousands of clients with a huge range of difficulties including stress, anxiety, and depression. LCC was established in 2011 with the aim of bringing a high-quality, accessible counselling service to local communities in Herts, Beds, and North London. We provide therapy for all psychological difficulties including depression, anxiety, and bereavement for adults, children, and teenagers. We also have a specialised sex and relationship therapy team who work with concerns with sexual function and behavior and with the challenges of relationships.

Some people of course decide to continue going it alone, not seeking the help they need to develop a mindfulness practice that actually works for them, repeating the same patterns over and over again and feeling anxious, stressed, and frustrated.

However, most people who do decide to seek the help of a skilled mindfulness practitioner to guide them through these challenges, often come out feeling more confident and fulfilled in their practice as a result.

Pay in one up-front payment of just £195 and receive access to everything including live group weekly Zoom trainings, meditations, exercises, and your very own workbook to record your progress as you go.

EARLY BIRD DISCOUNT: Book your place before 26th June 2021 and pay only £145!

All you have to do is to contact us on the information below and go from frustration and stress to calm and confident in just 8 weeks.

The start date for our next course is Saturday 3rd July 2021 at 9 am, and we will meet for 90 minutes every Saturday for 8 weeks.

TO BOOK YOUR PLACE, CONTACT PRACTICE MANAGER KATHY FREEMAN:-

EMAIL: HELLO@LOCALCOUNSELLINGCENTRE.CO.UK

OR

TELEPHONE: 01462 674671

