

WELL-BEING

MINDFULNESS-BASED STRESS REDUCTION

Mindfulness simply means paying attention to our experience in the present moment, rather than worrying about the past or the future. This eight-week course introduces a wide range of mindfulness practices, concepts and skills which can help us to both appreciate the richness of the life we have and to acknowledge, accept and skillfully respond to emotional, mental and physical discomfort and distress. Even a few weeks of practising mindfulness can reduce stress and help improve sleep, concentration and mood. Leaflet available.

MINDFUL SELF-COMPASSION

Compassion is a powerful force for change both in the world and within ourselves. Mindful Self-Compassion (MSC) training offers practical strategies, exercises and meditative practices to help cultivate self-compassion, self-acceptance and self-care. Paradoxically, when we accept ourselves exactly as we are and allow our critical, judging voices to quieten, a space can be created for growth and healing. This eight-week course is based on the work of Kristen Neff and Christopher Germer, with whom Julie trained as an MSC teacher, and has been shown to reduce anxiety, depression, stress, body shame and fear of failure, as well as increasing self-confidence, optimism, creativity and happiness. Information sheet available. Contact Julie at juliebibby@manx.net for details or to discuss any concerns.

MINDFULNESS FOR PEOPLE WORKING IN EDUCATION – DOTB-FOUNDATIONS

The dotb-Foundations course was developed by Oxford University as part of their Mindfulness in Schools Project (MiSP). Research shows that mindfulness training for education staff can improve health and wellbeing and teaching efficacy and help participants to better manage stress and feel calmer. Please note this course is only for people working in education. Successful completion entitles participants to train with MiSP to teach mindfulness to students if they choose. Leaflet available. Contact Julie Bibby at juliebibby@manx.net or on 428050 for more details.

WORKING MINDFULLY WITH PAIN, DISCOMFORT & DIFFICULT EMOTIONS

Life can often be overwhelming, but by working mindfully with whatever the moment brings we can learn how to meet obstacles and difficulties with wisdom, courage and compassion, essentially defusing them. Mindfulness teacher Mike Kewley, son of Michael Kewley, the former Buddhist Monk, will show you how to create a radical new relationship to hardship through awareness and acceptance.

HOW TO BE HAPPY

The secret is out: we know that we can train ourselves to be happier, calmer and kinder. Mindfulness teacher Mike Kewley, son of Michael Kewley, the former Buddhist Monk, will show you how you can transform your day-to-day experience of life by using simple and effective mindfulness techniques.

THE POWER OF MINDFULNESS

In this special two-hour workshop Mindfulness Teacher Mike Kewley will explore the fascinating neuroscience of attention and how you can actively develop positive states of mind and abandon habitual thought patterns and behaviour. Mike will lead participants through two powerful yet simple practices to cultivate focus, calm and freedom from entanglement.

MINDFULNESS IN THE WORKPLACE

Mindfulness can enhance well-being, focus, creativity and communication and help us to respond more skillfully to pressure and challenges, resulting in calmer, more resilient individuals and a more harmonious and effective workplace. Two-day course, leaflet available. For further details or to enquire about bespoke training for your workplace, contact Julie Bibby on 428050 or at juliebibby@manx.net

INTRODUCTION TO MINDFULNESS

A short introduction to mindfulness, with a particular emphasis on applying its principles of present moment awareness, self-knowledge, acceptance and appreciation to everyday life.



| Day | Venue | Course Code | Course Title | Start Date | Time | Length | Fee | Concessions |
|-----|-------|-------------|---|------------------------|---------------|--------|------|-------------|
| Tue | UCM | Q3450 | Mindfulness-based Stress Reduction UCM AUTUMN | 01/10/19 | 18.00 – 20.00 | 8 wks | £100 | £50 |
| Tue | UCM | Q3948 | Mindful Self-Compassion UCM SPRING | 17/03/20 | 18.00 – 20.00 | 8 wks | £100 | £50 |
| Wed | UCM | Q3453 | Introductory Session to dotb-foundations For People Working in Education UCM AUTUMN | 20/11/19 | 16.30 – 18.00 | 1 day | FREE | FREE |
| Wed | UCM | Q3455 | Working Mindfully With Pain, Discomfort And Difficult Emotions UCM AUTUMN | 09/10/19 | 19.00 – 21.00 | 1 day | £13 | N/A |
| Wed | UCM | Q3454 | How to be Happy UCM SPRING | 15/01/20 | 19.00 – 21.00 | 1 day | £13 | N/A |
| Wed | UCM | Q3452 | Mindfulness for People Working in Education – dotb-foundations UCM SPRING | 29/01/20 | 16.30 – 18.15 | 8 wks | £88 | £44 |
| Wed | UCM | Q3456 | The Power of Mindfulness UCM SUMMER | 22/04/20 | 19.00 – 21.00 | 1 day | £13 | N/A |
| Fri | UCM | Q3595 | Mindfulness in the Workplace UCM AUTUMN | 11/10/19 & 25/10/19 | 09.00 – 16.30 | 2 days | £82 | N/A |
| Sat | UCM | Q3975 | Introduction to Mindfulness UCM AUTUMN | 14/09/19 | 10.00 – 12.00 | 1 day | £13 | N/A |

YOGA

YOGA FOR IMPROVERS

Suitable for last year's beginners. Own mat and belt required.

YOGA FOR ALL ABILITIES

Yoga is a holistic system designed to bring harmony to the mind, body and spirit. A series of stretching and breathing exercises, combined with deep relaxation which are physically energizing and emotionally calming. Own mat required and blanket.

YOGA FOR BEGINNERS/INTERMEDIATE

Gentle yoga positions, breathing, and deep relaxation for optimum health. Own mat and blanket required.

CLASSICAL YOGA FOR BEGINNERS & INTERMEDIATES

Lyengar inspired classical yoga to keep you well in mind and body. Make TIME for your personal health.

| Day | Venue | Course Code | Course Title | Start Date | Time | Length | Fee | Concessions |
|-----|--------|-------------|---|------------|---------------|--------|------|-------------|
| Mon | WILL | Q3529 | Yoga for Improvers WILL AUTUMN | 30/09/19 | 19.30 – 20.45 | 18 wks | £140 | £70 |
| Tue | GLEN | Q3614 | Yoga for All Abilities GLEN AUTUMN | 01/10/19 | 09.15 – 10.45 | 9 wks | £84 | £42 |
| Tue | GLEN | Q3978 | Yoga for All Abilities GLEN SPRING 1 | 07/01/20 | 09.15 – 10.45 | 9 wks | £84 | £42 |
| Tue | WILL | Q3528 | Yoga for all Abilities WILL AUTUMN | 01/10/19 | 19.00 – 20.15 | 18 wks | £140 | £70 |
| Tue | PEEL | Q3527 | Yoga for Beginners & Intermediates PEEL AUTUMN | 01/10/19 | 18.30 – 20.00 | 18 wks | £168 | £84 |
| Wed | GLEN | Q3615 | Yoga for All Abilities GLEN AUTUMN | 02/10/19 | 09.15 – 10.45 | 9 wks | £84 | £42 |
| Wed | GLEN | Q3979 | Yoga for All Abilities GLEN SPRING 2 | 08/01/20 | 09.15 – 10.45 | 9 wks | £84 | £42 |
| Thu | GLEN | Q3616 | Yoga for all Abilities GLEN AUTUMN | 03/10/19 | 14.00 – 15.15 | 18 wks | £140 | £70 |
| Thu | BALLAS | Q3497 | Classical Yoga for Beginners & Intermediates BALLAS AUTUMN | 03/10/19 | 18.30 – 20.00 | 18 wks | £168 | £84 |