

2019 / 2020

<b>Course Code</b>	Q3450
<b>Tutor</b>	Julie Bibby
<b>Venue</b>	UCM, Homefield Road, Douglas
<b>Cost</b>	£100
<b>Start Day, Date &amp; Time</b>	Tuesday 1 <sup>st</sup> October 2019 6pm – 8pm
<b>Number of Weeks / Sessions</b>	8 Weeks

### What is the course about?

Mindfulness simply means paying attention to our experience in the present moment, rather than worrying about the past or the future. This 8 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 skilfully respond to emotional, mental and physical discomfort and distress. Even a few weeks of practising mindfulness can reduce stress and anxiety and help improve sleep, concentration and mood.

### Previous experience:

No previous experience is required. Everybody welcome.

### Equipment you need to bring:

Please bring an extra layer of clothing in case you get cold. A pen and a folder for handouts would be helpful.

### Further information:

If you require further information about the course content and/or wish to discuss whether the course is right for you at the moment, you can contact the course tutor via the contact details below. She will be happy to send further information and/or to speak on the phone. Further information and a health questionnaire will be sent out prior to the start of the course.

### General Information:

The times advertised for courses, especially 1-day and short courses, will normally include break(s) and a lunch period, as appropriate, and by agreement with the tutor at the sessions.

Students attending one-day workshops might like to note that there are hot/cold drinks and snack vending machines (crisps, sweets, chocolate, biscuits etc) in the College Refectory, which will be open during the day, but there are no sandwiches etc available, so students might like to bring a packed lunch with them, which can be consumed in the Refectory.

Some venues may have restricted parking facilities, disc parking etc, so please also be aware of this.

### Who should I contact?

For further information, please contact the Programme Area Secretary on 648204 or the Tutor, Julie Bibby, on 428050 or at [juliebibby@manx.net](mailto:juliebibby@manx.net)