**Exploring Mindfulness**

In Exploring Mindfulness we learn and develop Mindfulness through the experience of practice.

Mindfulness may be new to you or you may have a sporadic or an established regular practice. All are welcome to come along and become part of a local community of practice.

Each Exploring Mindfulness session is co-created by the group from whatever arises from an initial round of sitting, of arriving in the space and trusting what emerges.

This is an hour to pause, to relax, to listen deeply, a time to be present, a time to practice mindful awareness and acceptance with kindness and compassion.

Mindfulness has been evidenced to help with stress, anxiety, pain, low mood and depression. Mindfulness and Compassion practices can been looked at as tools for life, helping us be present and fully experience our precious life.

This experiential hour of Mindfulness and Compassion practice is facilitated by Jim Ewing.

Jim is a Mindfulness Teacher, Facilitator and Supervisor and has been teaching Mindfulness in person and online since 2013.

Registered with BAMBA -the British Association of Mindfulness-Based Approaches.

Approved to teach:

Mindfulness Association - Mindfulness Based Living Course, Compassion Based Living Course, Mindfulness for Young Adults.

Breathworks - Mindfulness for Stress, Mindfulness for Pain.

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