Jim Ewing

Jim Ewing is a Mindfulness Teacher, Facilitator and Supervisor. He has been teaching Mindfulness in a variety of settings including at Finn’s Place since 2013.

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

Approved to teach by the Mindfulness Association - Mindfulness Based Living Course, Compassion Based Living Course, Mindfulness for Young Adults course.

Accredited to teach by Breathworks - Mindfulness for Health course, Mindfulness for Stress course.

Other courses – Mindfulness and Compassion for Carers.

Mindfulness outdoors, in nature.

Email: jim@openmindfulness.co.uk



