### **Mindfulness for Health**

A simple 8-week mindfulness and compassion course to give you the tools and skills to live well with your chronic pain or health condition.

Chronic pain and ill-health can feel unbearable, debilitating, and unfair. Many people at the beginning of these courses say their life feels completely overshadowed by their pain and illness.

Clinical trials have shown that mindfulness meditation can be as effective as prescription painkillers, and can enhance the body's natural healing systems. Mindfulness can also reduce the anxiety, depression, irritability, exhaustion, and insomnia that arises from chronic pain and illness.

“The Breathworks approach to Mindfulness-Based Pain Management is the most comprehensive, in-depth, scientifically up-to-date and user-friendly approach to learning the how of living with chronic pain and reclaiming one’s life that I know of” Jon Kabat-Zinn Creator of MBSR, University of Massachusetts Medical School

This course is a mix of mindfulness, meditation, supportive mindful movement practice, and modern pain management strategies, created and refined by mindfulness experts who've made it their life's mission to share them, having suffered themselves from chronic pain and health problems.

The course has been backed with huge amounts of research and changed the lives of thousands of people.

Our next Mindfulness for Health Course starts in October 2021:

1st Session Monday 11th October 2021 from 2pm to 5pm
2nd to 7th Sessions on Mondays 18th & 25th October 1st, 8th, 15th and 22nd November from 2pm - 4.30pm

A half day retreat session is on Monday 29th November from 2pm until 5pm

The 8th (Final) Session is on Monday 6th December from 2pm until 5pm

Cost of the course:

£125 per person. Early bird booking before the 20th September.

£145 per person booking on or after 21st September

50% initial payment due on booking with the balance due when the course starts. Before the course starts, please ensure you have a copy of the book Mindfulness for Health which is available new or second hand online.

We want everybody to be able to join the course and have made a limited number of discounted places available for those experiencing unemployment or financial hardship. If this applies to you, please contact Ruth at ruth@finnsplace.org.uk