

## MINDFULNESS IN EDUCATION

Ananda programmes is committed to promoting Mindfulness in Education. Scientific research has proven the many benefits of Mindfulness in Education both for children and teachers. Mindfulness allows students experience stillness and calm in the classroom helping to create a more peaceful and less stressful environment. It supports the development of the art of relaxed alertness. Programmes are available for Teachers as well as Students.

## TESTIMONIALS

"Anne, thank you for a wonderful course. I am doing my practice and feel so fortunate that we had you as a facilitator." *Ursula*

"Anne, just wanted to say a Big Thank You for such a wonderful course. I got what I came for and so much more. Mindfulness has been the best thing that has happened in a very fraught year for me." *Maureen*

"Anne, I feel so privileged to have had you as my facilitator/mentor through the 8 Week MBSR Programme. Your wisdom, clarity, humour, grace, sensitivity and joy are much appreciated." *Edwina*

"Anne embodies the very essence of her work, kindness, heartfulness, patience and practical! She provided wonderful support and insight to help me integrate mindfulness into my daily life in a way that was right for me. I would highly recommend this course to everyone." *Clodagh*

Transition Year Students say;

"All adults should do this programme, they all seem so stressed."

"It was very beneficial because now I know how to get relaxed very easily which will help me throughout my Leaving Cert."

"I feel it has helped me become a more relaxed and contented person."

## THE NOVARA CENTRE, 11 Brennan's Terrace, Bray - on the seafront

The Novara Centre in Bray is the venue for the MBSR Courses and The Day of Mindful Living. It is a wonderful location for the practice of Mindfulness. The Centre is warm, inviting and very comfortable. It is close to the Bray Dart Station and has low parking charges with free parking at weekends. And last, but by no means least, it is on the seafront which offers the opportunity to experience mindful walking by the sea with beautiful fresh air and stunning views of Bray Head and Dalkey Island - a little oasis away from the busyness of the world.

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# Mindfulness

with

## ANNE TWOHIG

Mindfulness Based Stress Reduction (MBSR) Teacher

You can't stop the waves,  
but you can learn to surf.

Jon Kabat-Zinn

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# Welcome to ANANDA

After 15 years of being involved in natural health care, five years ago I founded ANANDA Programmes to provide Courses and Workshops in Mindfulness for groups and individuals. I work with the world renowned Mindfulness Based Stress Reduction Programme (MBSR) developed by Dr. Jon Kabat-Zinn at the Center for Mindfulness, University of Massachusetts Medical School in Boston. I travelled to Boston and trained under the direction of Jon and his highly skilled Teachers at the Centre for Mindfulness.

The MBSR Programme is a well designed self-care tool to assist us live a less stressful life and deal with anxiety more effectively. It supports us in our everyday life, giving practical and easy ways to improve the quality of each moment.

I bring a wealth of experience to my work as a Mindfulness Teacher and an in-depth understanding of the importance of a holistic approach to self-care. Working with the MBSR Programme has reinforced my belief in the value and importance of cultivating a life skill that supports us on an ongoing basis. My approach is light hearted and practical offering support through empathy and understanding. I appreciate the challenges and time restraints of modern day living and give consideration to this in my courses.

In my work I have witnessed wonderful transformations, it is as if Mindfulness is a key that fits perfectly into any lock and allows us open up to our life in an optimistic and positive way.

I now invite you to experience Mindfulness and be an active participant in your own life.

With warm wishes,

Anne Twohig

Live  
a less  
stressful  
life

Calm Well-Being

Relax Strength Wisdom

## WHAT IS MINDFULNESS & MINDFUL LIVING?

**Mindfulness** is a state of mind that allows you to be fully present and aware of whatever is happening in your life right NOW. It is a way of developing relaxed awareness and alertness to the present moment. **Mindful Living** is a way of living our lives with awareness. This helps us observe our thoughts and habits that may be preventing us from living a happy and peaceful life. It allows us the opportunity to identify the causes of stress and make choices to live in a more positive way. It supports us through the many challenges of modern day living and the consequences this has on our emotional, physical, and mental well being.

## ABOUT COURSES

### Mindfulness Based Stress Reduction (MBSR)

The MBSR Programme was developed 30 years ago by Dr. Jon Kabat-Zinn. This Programme has now benefited countless thousands of people worldwide to deal with stress, anxiety and many other health issues.

The Course consists of eight 2 hour classes, a daily practice and a full day workshop designed to help you develop:

- ~ An increased ability to relax and experience calm
- ~ Life skills for positive emotional, mental and physical well-being
- ~ An understanding of what gives rise to stress and how to handle anxiety more effectively
- ~ The ability to tap into our inner strengths, awareness and wisdom
- ~ An enhanced clarity, concentration and enthusiasm for life

You will experience guided instruction in Mindfulness Meditation, Stillness, Breathing exercises and gentle Yoga movement, all designed to support you integrate Mindfulness into your daily life so that you can continue the practice long after the Course has ended. Enquiry exercises promoting awareness and group dialogue are also included. Course Handbook and CDs are provided.

### Day of Mindful Living

The Day of Mindful Living is a day for yourself, a day of stillness, peace and calm. It offers an introduction and experience of Mindfulness practices that can be easily incorporated into your daily life. It is a day for you to refresh, recharge and a time to feel the benefits of living in the NOW. This is suitable for those who already have an established Mindfulness Practice as well as beginners.