

Mindfulness Based Stress Reduction (MBSR) 8 Week Programme for groups.

The MBSR course is run over 8 weeks

The course involves:

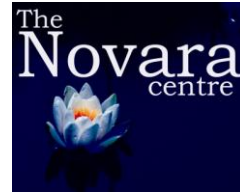
- 2 hour class once a week for 8 weeks
- 45 minutes of daily practice all non class days during the course
- One experiential all-day workshop during the course – this does not apply to Programmes run on a one to one basis
- Course Handbook and CDs

The benefits include:

- An increased ability to relax and experience calm
- Valuable life skills for developing emotional, mental and physical well-being
- Enhanced clarity, concentration and enthusiasm for life
- Techniques for living in the present moment
- Increased self awareness and self understanding
- Experiencing how we can connect with our inner strengths and wisdom
- An understanding of what gives rise to stress and how to deal with anxiety more effectively

Contact [The Novara Centre](#)

& see our “Courses” page for more details



Phone:

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ABOUT MINDFULNESS

A body of rigorous scientific research has been carried out supporting the benefits of these mindfulness based approaches in dealing **with a range of difficulties including, stress, anxiety, chronic illness, pain, relapse prevention in depression and chronic fatigue.** Mindfulness based approaches are now being used internationally in a variety of settings including primary care, hospitals, community care, schools and businesses.

Mindfulness Based Stress Reduction Programme (MBSR) was developed by world renowned **Dr. Jon Kabat-Zinn** at the University of Massachusetts Medical Centre Boston. The MBSR Programme is now running for 30 years and has supported endless thousands of people worldwide to change lifelong patterns and habits which no longer serve them well.

In the **MBSR Programme** we use **mindfulness meditation, breathing exercises, focused awareness techniques** and **mindful body movement** to develop and cultivate a higher level of self realisation and an in-depth understanding of how to release accumulated stress. You experience how to access your inner peace, clarity and joy, thereby living a more fulfilling and meaningful life.

The **Mindfulness** Programmes are designed to support you in your everyday life, giving practical ways to improve the quality of each moment. Using the practice of mindfulness meditation allows you to open and embrace the fullness of life. The Programmes are experiential and give a clear and firsthand understanding of how mindfulness enhances the quality of your day to day living. They show you what gives rise to the stresses and difficulties of life and how you can eliminate unnecessary pain and suffering through living in the now.