

The Heart of Mindfulness Workshop

Some of the benefits previous participants have experienced include;

- *More energy and enthusiasm*
- *Greater capacity to relax*
- *Lowering heart rate and blood pressure*
- *Increased ability to handle stress*
- *Inner resilience*
- *Ability to live in the present*
- *More compassion for self and others*
- *Re-awakened sense of meaning and purpose in life*
- *Self-accepting and self-confident*
- *Self-realisation and spiritual awakening*

Mindfulness has been practiced for thousands of years not only because it has profound benefits to physical health, mental health, and wellbeing, but also because it is a doorway to "aware awake joy"

Whether you are a complete beginner or an experienced meditator this workshop is designed to give you a broad understanding of this powerful life-skill, and/or to help you deepen your existing practice.

This is an experiential course, learning through practical activities, instruction, discussion and reflection.

Participants will be forwarded supporting material to ensure ongoing benefit of this workshop.

Venue
Booking:

Workshop facilitated by Tom Tynan, Integrative Psychotherapist. Tom has been practicing and teaching meditation practices and self awareness for over twenty years.
www.enlightenedself.com