

Feeling Stressed?



Combine leading-edge science with the wisdom of ancient healers.

Mindfulness Based Stress Reduction (MBSR)

MBSR is a highly researched and popular programme that cultivates mindfulness in everyday life, improving health and easing stress. The programme was developed by Dr Jon Zabab-Zinn in 1979, leading participants through an 8 week, step-by-step, experiential framework of learning and practicing various mindfulness techniques which involve sitting, standing and moving meditations.



HeartMath Technology is the only scientifically validated system of stress intervention techniques and objective biometric feedback that quantifiably and dramatically boosts the health and performance of individuals.

SCHEDULE YOUR COURSE TODAY
07730 059 634

- Are you working harder with less result?
- Are you feeling tired, even after sleep?
- Are you finding less time (or no time at all) for the things you use to enjoy?
- Have you noticed that you don't smile or laugh as much as you used to?
- Do you have frequent headaches, backaches or pain?
- Do you feel too overwhelmed to seek new experiences or do things with family and friends?

Reduce stress, improve self-confidence and experience a more balanced life.

This 8 week course will teach you the core skill of 'mindfulness'; a way of paying attention, on purpose and non-judgementally, and help you develop a deep sense of awareness of: yourself, your environment and those around you. It is a natural state of mind, calm, focused and aware. Rooted in the ancient Buddhist art of meditation, mindfulness can be learned and practised by anyone, of any religious or cultural background.

Most people completing MBSR courses report that they gain lasting benefits, such as:

- a greater capacity for relaxation
- more energy and enthusiasm
- increased resourcefulness
- more self-confidence
- enhanced creativity
- greater resilience
- reduced stress

Working together as a group, you will learn several key mindfulness practices, see quantifiable results through HeartMath® technology and have the chance to discuss these and your experience of them in the group.

Call today for further information and to schedule your MBSR course.

Telephone: **07730 059 634**

Email: Relax@YorkMBSR.co.uk

Web: www.YorkMBSR.co.uk

www.keylinecoaching.com

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Mindfulness Based Stress Reduction (MBSR)

The MBSR course is designed to help you learn new ways of handling difficult physical sensations, feelings and moods. The core skill that you will learn is 'mindfulness' – a way of paying attention, on purpose and non-judgmentally, to what goes on in the present moment in your body, mind, and the world around you. Mindfulness can enable you to see things differently, undoing mental and physical knots and tensions. It can increase your sense of personal confidence, of having more options and more strength to face the different challenges in your life.

MBSR Presentation

To discover more about stress, mindfulness and how we can make use of stress to grow, heal and come to peace with ourselves we invite you to attend our presentation that will give you the opportunity to:

- Learn about stress and its effects on our well-being
- Discover more about MBSR
- Experience a guided meditation
- Consider whether you would like to enroll on our course

**PLEASE CONTACT US TO
BOOK YOUR PLACE
TODAY**

You are cordially invited to attend a reception and presentation by:

Robert Broughton and Matthew Cole

on

***Stress Reduction and Relaxation:
Combining leading-edge science
with the wisdom of ancient healers***

Millers Yard, York – 17th September

The Poppleton Centre – 23rd September

At: 6.30 pm to 8.30 pm

Price: £7.50 per person, registration begins at 6.00 pm

Proceeds from the evening to *Bluebell Wood Children's Hospice*

Pre-booking is essential - to book your place, please contact us:

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Classes start: One week after the presentation at the same time

