**MINDFULNESS COURSE (MBCT-L)**

Offering skills both to meet the difficulties & stresses of life

& to flourish!

**8 Week, on-line course, beginning Wednesday October 5th**

FREE TASTER SESSIONS

Wednesday 13th July: 10am to 11am

Wednesday 7th September: 10am to 11am



 The course will run on Wednesday mornings: 10am to 12.15

5th October to 30th November (missing 25th Oct)

+ half-day on Saturday 19th November

COST: Sliding Scale of £120 to £220

This is a **Mindfulness Based Cognitive Therapy Course for Life (MBCT-L**), an in-depth programme intended to cultivate lasting and sustainable change. Mindfulness Based Cognitive Therapy is well researched and has been shown to alleviate: anxiety, depression, stress and chronic pain and also to enhance mental & physical well-being

**Teacher**

Susie Stead is a freelance mindfulness teacher, trained and accredited by the Oxford Mindfulness Centre and teaches there - <https://www.oxfordmindfulness.org/people/susie-stead/>, also see her website: [www.susiestead.com](http://www.susiestead.com)

**For further information, please contact:** Chris Smith, Development Manager,

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