



Forest Farm

Nature based Mindfulness
and Compassion Learning Centre

Growing Mindfulness

An introduction to practicing mindfulness

Helping you move through life and its challenges with a steady mind, from a place of open-hearted connection and inner strength.

This course is of particular value to anyone challenged with coping in the current covid world situation.

4 week course

Tuesday's, 6 - 7am, 9 - 30 June, 2020.

Venue: online delivery, via zoom

Book now at: forestfarm.online

Payment: by donation

- 1 hour class, with talk, discussion, exercises and meditation
- Daily meditation practices to turn mindfulness into a habit
 - Exercises to experience mindfulness in different ways
- Gain relief from stress, anxiety, depression, burnout and pain.
 - Cultivate a more positive state of mind
 - Create a more balanced lifestyle
 - Improve concentration and clarity in decision making
- Increase resilience, emotional regulation and emotional intelligence.
 - Discover a buffer to bullying

