



# MINDFULNESS MATTERS

## M.B.S.R. PROGRAMME 2016

SPRING INTO SUMMER  
8 WEEKS TO HELP YOU TO REDUCE YOUR STRESS & FEEL FULLY ALIVE

### ABOUT MBSR

M.B.S.R. (Mindfulness Based Stress Reduction) is an 8 week intensive programme that will teach you practices to calm your mind and body in ways that enable you to cope with stress, illness and pain more effectively. Through mindfulness you will learn to live more fully in the present moment, to relate calmly to what is going on around you and to focus on what matters most to you no matter what!

#### WHERE

The Bamboo Loft Yoga Studio  
9A Waterworks Road,  
Omagh,  
Co. Tyrone  
BT79 7JS

#### WHO

- Would you like to feel more engaged in your work and with your family?
- Would you like to sleep better?
- Would you like to have access to new and effective ways to manage difficult situations?
- Would you like to be able to manage your anxiety in a healthy way?

**IF SO THIS PROGRAMME IS FOR YOU**

#### WHEN

Thursday evenings - 21st. April to  
9th. June - 7pm - 9.30pm .  
Retreat Day on SATURDAY, 4th June -  
10am. - 4pm.

#### COURSE FEES:

STUDENTS AND UNWAGED: **£230**  
EARLY BIRD BOOKING : **£260**  
(Before Friday, 18th March)  
FULL RATE: **£290.00**  
(Includes Retreat Day and all course materials).

### COURSE LEADER

This programme will be lead by MARIA GARVEY. An experienced mindfulness practitioner and teacher, Maria has been engaged in the work of health & wellbeing, transformation, workplace resilience, leadership and organisational development in many different contexts. She has designed and delivered training, retreats, and workshops to individuals, organisations, and community groups both nationally and internationally.

CONTACT ME ● 078 - 16758139 ● Email MARIA: maria@kridyom.uk ● www.kridyom.uk