



My Mindfulness Journey course

Join us for a journey towards
greatest levels of personal
freedom from habitual ways of
being, more presence and
wellness.

With You in Mind

 **mind**
Doncaster

My Mindfulness Journey

Mindfulness means being awake in our life moment by moment and experiencing the richness of what life has to offer.

During this 12 week journey, using mindfulness, we will practice coming out of habitual reactions, which very often hinder us and our experience and we will explore ways of making choices aligned with our values.

We will learn about mindfulness attitudes and for the duration of the course will work on embodying them.

We will also review common psychological traps we all fall prey to occasionally and will learn

what to do once we identify we are running unhelpful thought patterns.

This is a very experiential course. We will give you ample opportunities to practice because only the application of knowledge is catalyst to change and vehicle to true, lasting transformation.

"You can't stop the waves but you can learn how to surf"

Jon Kabat-Zinn

Contact us

training@doncastermind.org.uk
07516 050820

doncastermind.org.uk

Registered charity no. 1141146