



MITCHAM TOWN COMMUNITY TRUST, NATIONAL LOTTERY AND HEALTHIER DIMENSIONS

Present

AN INTRODUCTION TO MINDFULNESS AND SELF COMPASSION

When: Oct 5th, 12th, 19th, Nov 2nd, 9th, 16th, 23rd, 30th (8 weekly sessions, term time only)

Time: 9.30am – 11am

Place: secure online platform

Facilitator: Hulya Kusella

Level: Beginners; personal development

Free for all participants (but please note places are limited)

‘Mindfulness’ is being with what is in the present moment. It can help us decide where we choose to focus our attention and increase our awareness to learn to be kinder and loving towards ourselves. Both Mindfulness and Self compassion can bring greater ease to our well- being, increase resilience that can assist us through the challenges and franticness of everyday life.

To book your place on the next programme, please email Hulya at hulyakus@healthierdimensions.com **ASAP**. Please note, that there is some pre-paperwork completion needed before you can be registered on the course and therefore, individuals will need to contact the facilitator directly for their interest.