

An 8 week course based at
The Life Centre,
London W8

Thursday evenings from
7.30 - 9.30 pm
from 5th May - 23rd June 2016

Book with The Life Centre -
020 7221 4602
www.thelifecentre.com

Fee: £250



FOR INFORMATION AND BOOKINGS

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MBSR

Mindfulness Based Stress Reduction



*Experiencing each moment mindfully means
we see things in their true perspective and can
fully embrace the life we are living.*

An 8 week course led by Helen Craven



Who is Helen Craven?

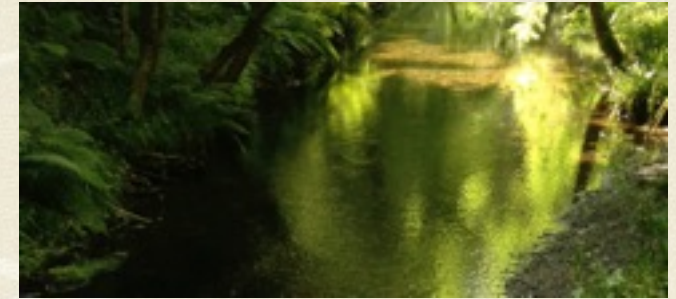
Helen Craven has been practicing meditation and self-hypnosis for many years. From the beginning of 2014 she studied and practiced Mindfulness meditation and the following year undertook the teacher training with Bangor University Centre for Mindfulness Research and Practice.

She has been working in the field of complementary therapies for the last 25 years. In 1997 she created the Craven Clinic in London W6, a multi-disciplinary health centre that brought together over 30 different therapies.

Having graduated top of her group from the Institute of Clinical Hypnosis, London she has continued to study with some of the best teachers from around the world. She has worked with great success with a wide variety of clients, dealing with everything from stress management and smoking cessation to pain control and palliative care for the terminally ill.

The 7 attitudes to cultivate so that Mindfulness can grow

1. **Non-judging:** simply noticing our likes and dislikes without being hard on ourselves and judging them as good or bad. They just are.
2. **Patience:** practicing Mindfulness is like gardening. All we do is provide the best conditions and then allow things to unfold in their own time.
3. **Beginner's Mind:** developing our capacity to see things as if for the very first time, with wonder and curiosity and freshness.
4. **Trust:** tuning in to our intuition, listening and having confidence in our own being; letting go of the idea that wisdom comes from "out there".
5. **Non-striving:** we all have goals that we'd like to achieve during this course. Write them down and then let them go. As best you can, simply follow the course instructions without any expectations or trying too hard to get anywhere. Allow the results to arrive all by themselves.
6. **Acceptance:** seeing things as they are rather than resisting or denying them, which makes us feel stuck. With our attention on the present we notice that everything is changing and unfolding.
7. **Letting go:** it's often our ideas about happiness that can be our biggest obstacle to happiness. Developing the courage to let go of some of the ideas we cling to, "I have to, I ought, I should..." But not forcing anything, letting go is like a fruit growing on a branch. When it's ripe, it will let go all by itself.



Research projects have shown that Mindfulness based meditation can help with -

- Controlling stress
- Reducing the recurrence of depression
- Helping us adapt to changing circumstances (neuroplasticity)

Mindfulness means:

Paying attention

in a particular way:

on purpose,

in the present moment,

and non-judgmentally.

Jon Kabat-Zinn