**8 week Mindfulness Based Stress Reduction (MBSR) courses – Starting Tuesday 26th January 2016 and Thursday 28th January 2016.**

**What is Mindfulness?**

Mindfulness has its roots in ancient wisdom and philosophy dating back 2,500 years. Jon Kabat –Zinn, a contemporary teacher of mindfulness, defines it as “paying attention in a particular way: on purpose in the present moment and non-judgmentally”. He developed a **Mindfulness Based Stress Reduction (MBSR**) course in the late 1970’s at the University of Massachusetts in Boston. Mindfulness teaches us to direct our attention to what is happening right here, right now, with an attitude of kindness towards ourselves and our experience. The course combines mindful meditations, bodily awareness, and gentle exercise to support people in becoming more mindful.

Clinical research has shown that many people benefit from mindfulness and experience stress reduction, greater well-being, and improvements in the quality of their life. It helps to calm the mind and body and live more in the present moment without getting lost in regrets about the past or anxieties about the future. The meditation practices in mindfulness can help people to cope better with everyday life and with whatever they experience. In an educational context it has been shown to improve concentration and performance.

**What is involved in taking the 8 Week Mindfulness Based Stress Reduction (MBSR) course?**

This course will begin on Tuesday 26th January 2016 and will run each Tuesday evening for eight weeks. The sessions will run from 7pm to 9.30pm. The venue is the Carrigaline Educate Together National School.

A second course running in parallel will begin in the Tracton Arts and Community Centre on Thursday 28th January 2016 starting at 7pm.

In addition there will all day retreat (10am to 4pm) on a Saturday or Sunday towards the end of the course when participants will have an opportunity to practice the meditations over a longer period in a quiet setting.

To gain maximum benefit, it is highly recommended that participants set time aside to attend as many sessions as possible in order to get maximum benefit out of this structured course.

It is recommended that participants commit to practicing the meditations taught during the course for 30 minutes for six days out of seven each week of the course.

**Course materials**

Each participant will be given a detailed booklet as background material for the course, and audio-CDs for guided meditations at home.

**What is the cost?**

The cost is €270 for the 8 week course, the day retreat, the detailed booklet, and the Audio-CDs. Concessions of €220 for students, OAPs, and persons unemployed are available upon application.

**Who will give the course?** The course will be delivered by Seamus McMahon who lives in Crosshaven. Seamus is a former Deputy University Librarian at University College Cork. He has received his training in teaching mindfulness at **Centre for Mindfulness and Research, School of Psychology** at Bangor University in Wales. He is currently completely a Master’s Degree in Mindfulness Based Approaches at Bangor University.

**How do I book?**

If you wish to find out more information and to discuss the possibility of taking this course please contact Seamus directly at 0851636300. Places are limited.

Seamus McMahon 9 November 2015