

## But what is it actually like?

### Depression

'...allowed me to cope with stressful situations without recourse to medication (again). This is a very important milestone for me. I can now acknowledge that for me certain issues are 'troubling' but I have learnt not to dwell on them and to let them go so that they do not become stressful'. A.I. Teacher

### Working with Pain

'Hip and knee problems have created mobility difficulties for me.

The walking meditation practice has been a great asset. I was frustrated with my slowness and exhausting myself... (I now) just enjoy the walking process. I enjoyed the course and found all of it useful and relevant'.

J. L. Occupational Therapist Assistant, Oxford Radcliff Trust.

### Working with Chronic Conditions (Long term MS)

'I felt much more in tune with my body and all of my family commented on how much better I was walking and how less worried I was about thinking that I was not going to be able to do things physically. I am very conscious of my balance and definitely improving there'. (Anon) Accountant

### Creativity

'The course has brought together fragmented bits of my life, helped me to develop mindfulness to stop stress, enabled me to look at life more creatively and developed my practice further'.

V. W. Teacher

### Stress Reduction

The course had everything I needed.

C. E. Teacher

**Life Changing !** I have started to be more aware of what is happening within myself. I am more 'open' to how things are and less in haste to make things different

A.M. Psychotherapist and counsellor trainer. Univ. of Leicester.

**Transforming** my relationship to myself. Very clear teaching, very good listener. Other participants enriched my experience immeasurably! J.C. Speech and Language Therapist NHS

This course has had a massive impact on my life. Although nothing external has changed in the 8 weeks, my attitude and the way I respond to stress has completely altered. All of the things that were 'wrong' when I started the course are still there, but I no longer feel I have to change them.

For anyone dealing with depression, anger or stress I cannot recommend this course and Hugh's teaching highly enough. It is not easy, but well worth the investment in time and effort. Mr. T. H. Marketing Manager

### Hugh Poulton

E-RYT, MBCT teacher.

30 years of Yoga and Mindfulness experience.

**Contact details:** Call Hugh: 01869 340335

email: [hugh@yogaunlimited.co.uk](mailto:hugh@yogaunlimited.co.uk)

for testimonials and more about Mindfulness

see [www.yogaunlimited.co.uk](http://www.yogaunlimited.co.uk)

## SUFFER FROM DEPRESSION; PAIN; ANXIETY OR STRESS?

'Life  
changing,  
making re-  
connections  
between  
my mind  
and body'

Local  
classes at  
convenient  
times.

Want to  
find out  
more?  
Ring Hugh  
Poulton  
01869  
340335  
hugh@  
yogaunlimited  
.co.uk



**There is a way forward.**

Clinical research has demonstrated the effectiveness of **Mindfulness-based Cognitive Therapy (MBCT)** to such a degree that the **National Institute for Clinical Excellence (NICE)** now **recommends** this as a **treatment** for people suffering from **recurrent depression**.

**The evidence is  
compelling.**

**MINDFULNESS-BASED  
COGNITIVE THERAPY**

**What is Mindfulness**

**Mindfulness** shows how you may constantly allow **habitual responses** to lead you into a **downward spiral of depression and anxiety**, and enables you instead, to **see your thoughts for what they really are - just thoughts**. It then gives you **strategies to think, feel and act in a different way**.

[www.yogaunlimited.co.uk](http://www.yogaunlimited.co.uk)

## What will the classes be like?

Over 8 weekly sessions you will learn a number of straightforward techniques that help you respond differently to the physical and mental challenges brought about by conditions such as stress, anxiety, pain, low self-esteem and depression. These simple skills will **promote well-being** and help you **take back a sense of control and choice**.

Participants meet together as a class of no more than 10 over **eight weeks**, for two hours each time, **plus one full day** at a weekend. In the classes, there is an opportunity to talk about your experiences with these practices, the obstacles that inevitably arise, and how to deal with them skilfully.

Over the eight weeks of the programme, the practices help you:

- ✓ To become familiar with the workings of your mind
- ✓ To notice the times when you are at risk of getting caught in old mental habits that re-activate unwanted states of mind.
- ✓ To explore ways of releasing yourself from those old habits
- ✓ Learn how to respond rather than react to challenging physical and mental circumstances.

## Can I learn mindfulness if I have not been clinically anxious or depressed?

Yes. Everyone can benefit from mindfulness whether they have a specific problem or not. We all have times in our lives when we experience difficulty, stress and struggle; and for some of us this is our daily experience. Mindfulness helps us see with greater clarity how we may approach each moment skilfully, taking more pleasure in the good things that often go unnoticed or unappreciated, and dealing more effectively with the difficulties we encounter, both real and imagined.

## About Hugh Poulton

MSc. MCIM, C.H.Ed (Dip Yoga), BYTA, E-RYT

Hugh has taught **Mindfulness based Cognitive Therapy** courses, as part of the University of Oxford Department of Psychiatry Mindfulness programme, at the Warneford Hospital for the Oxon and Bucks Mental health trust, to a wide range of clients with chronic physical or mental conditions.

He also teaches private **Mindfulness based Cognitive Therapy** courses throughout North and West Oxfordshire.

Hugh has practised yoga and meditation since 1981. Hugh has trained mostly within the Ashtanga and Vipassana traditions with a wide range of international teachers both in

the UK, Europe and Asia. He continues to study, and began teaching in 1995.

Hugh teaches Mindfulness based yoga in businesses, NHS, Prison Service, Schools, Sports Centres, Workshops, Public and Private classes. He runs courses for Yoga Teachers.

Hugh is a registered Yoga Teacher with the Yoga Alliance and an Experienced Yoga Teacher E-RYT.

## What does the course cost?

There are more than 22 hours of instruction over an 8 week period and a **set of CD's or MP3 downloads** to accompany the programme, which you use to practice on your own at home once a day. The cost is a little over **£8 per hour**. The whole course costs £220 with a £25 discount if you download copies of the course material rather than use paper copies and CD's. **10% discount** for bookings before 4<sup>th</sup> Apr 2012. There are a limited number of concessions available.

## How do I sign up?

There are regular courses, the next start: Tues. **24<sup>th</sup> Apr** 2012 10.30am – 12.30pm at The Studio, **Middle Barton nr Chipping Norton** OX7 7BU

Thurs **26<sup>th</sup> Apr** 2012 10.30am – 12.30pm At the **Banbury Therapy Centre** **69 Oxford Road** OX16 9AJ (both accessible by Public Transport)

**Full day** practice Sat 16<sup>th</sup> June 2012 To book a place for either course call Hugh on **01869 340335** or email

**hugh@yogaunlimited.co.uk**

