

But what is it actually like?

Depression

'...allowed me to cope with stressful situations without recourse to medication. ... I had previously stopped taking tablets and had suffered a further period of depression necessitating going back on a low dose and consequently worried that no tablets = depression. 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

'The 8 week course has been a life-changing experience. Having suffered from depression years I have for the first time felt that I have found something that really works. A tool that I can use for the rest of my life – I see a future'.

Micki Frithz Artist

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 Deduction

The course had everything I needed.

Celia Edmondson Teacher

Really useful in reducing stress and in dealing with thoughts and emotions

Liz Merry Rare Book Expert / Healer

Hugh Poulton

E-RYT, MBCT teacher.

I have practised yoga and meditation since 1981, taught by world class practitioners in Asia and Europe. I continue to study, and began teaching in 1995.

I am a Mindfulness based Cognitive Therapy (MBCT) teacher for the Oxon and Bucks Mental health trust as well as working privately.

Contact details: Call Hugh: 01869 340335

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for testimonials and more about

Mindfulness see

www.yogaunlimited.co.uk

Self help for Stress, anxiety, pain, low self- esteem and depression



Mindfulness & MBCT:

'Life changing, a tool that I can use for the rest of my life – I see a future'

Local daytime and
evening classes

with

Hugh Poulton

E-RYT, MBCT teacher with the University Dept
Psychiatry at the Oxford Mindfulness Centre
Warneford Hospital, BYTA

01869 340335

What's in each class ?

Mindfulness offers you a number of straightforward techniques that help you respond differently to physical and mental challenges.

There's no sitting on the floor (unless you wish to), there's no chanting and no religion. Over 8 weekly sessions you will learn a number of simple skills that **promote well-being**. These help you **take back a sense of control and choice**.

Mindfulness / MBCT Classes

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.

In addition, you will receive 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.

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.

What does the course cost?

There are more than 22 hours of instruction over an 8 week period. The cost is a little over **£8 per hour**. The whole course costs £185 with a £25 discount if you download copies of the course material rather than use paper copies and CD's. There are a limited number of concessions available and bursaries for those in need.

How do I sign up?

There are regular courses, the next start

Tues. **9th Feb** 2010 12.00am – 2.00pm
at **Salford Village Hall**
nr Chipping Norton
Call Catherine on 07813 182 651

Thurs **4th Feb** 2010 10.30am – 12.30pm
At the **Banbury Counselling Centre**
69 Oxford Road
OX16 9AJ
(accessible by Public Transport)
Call Wendie on 01295 231320



Alternatively book a place for either course with Hugh on **01869 340335** or email **hugh@yogaunlimited.co.uk**