

STILLWORKS MEDITATION  
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## 6 WEEK INTRODUCTION TO MINDFULNESS COURSE LLANTWIT MAJOR

Learn the benefits of mindfulness for your mind,  
body, and your relationships with others.

Combing core elements of MBSR, MBCT, ACT  
and Compassion Based Mindfulness to  
introduce some of the most widely tested and  
evidence-based practices, this short course will  
enable you to understand more about  
Mindfulness, why it is beneficial and how to  
develop a practice that works for you. You will  
develop useful skills to use straight away and a  
knowledge of different types of mindfulness  
you can explore further.

**Week 1** Mindfulness: what it is and isn't and some simple practices to start  
using straightaway

**Week 2** being present: what this means and why it matters

**Week 3** embodiment: the importance of the body's messages

**Week 4** real life: how to manage unpleasant experiences skilfully

**Week 5** letting go: how to manage habitual / unhelpful thinking

**Week 6** moving on: finding a Mindfulness practice that suits *you*

led by accredited teacher  
**Natalie Snuggs MSc.**

**Starting:** Tuesday 28<sup>th</sup> February evenings  
@ 6:30 – 7:30 pm (n.b. no class 4<sup>th</sup> / 11<sup>th</sup> April –  
Easter holidays)

**In Llantwit Major**

**Cost:** £60 (includes resources for home practice)



**To book:**

email [info.stillworks@gmail.com](mailto:info.stillworks@gmail.com)  
or phone 07341 264686

