



Waking Waves

Introduction to

# Mindfulness and Compassion

4 week course



Learn the fundamentals of **mindful** and **compassionate** living, how to practically apply this, to **reduce life and work stress**, increase your **focus** and build **resilience** and **wellbeing**.

Take away the **practical tools**, insights & **resources** you need to establish self-supportive **healthy habits** and behaviours.

# Course overview

Introduction to Mindfulness  
and Compassion

# What will I learn

**Strategies and tools** for managing stress, anxiety, fatigue and overwhelm



**Supportive habits** to enhance your physical and mental wellbeing

**Evidence-backed** mindfulness and compassion practices to fit into your life and work routines

# How will I benefit?

1. Increased capacity for **focus, attention** and **happiness** in life and work
2. More at ease, **more present**
3. Reliable **place of calm**, stress free
4. Connect and learn with like-minded people



# Course modules

**Week 1:** Mindfulness without mystery

**Week 2:** Out of autopilot, into focus

**Week 3:** Stress management and balance

**Week 4:** Resilience building healthy habits  
and bringing compassion to life



# What's included?



4 x 1 hour weekly teaching sessions [over zoom]

Guided meditations provided in session

Supported self-reflection and inquiry in-session



Recordings for home meditation practice

Access to Waking Waves sitting group ongoing





Waking Waves

**Cost: £140**

per participant

**For Organisations**

Minimum group numbers or rates apply,  
please email directly to discuss your needs

**Timings**

Weekdays over lunch hours

Join the next wave

**[Book here](#)**

Get in touch

**[hello@wakingwaves.com](mailto:hello@wakingwaves.com)**

[wakingwaves.com/courses](https://wakingwaves.com/courses)



# Waking Waves

Leave Stress in Your Wake