

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.

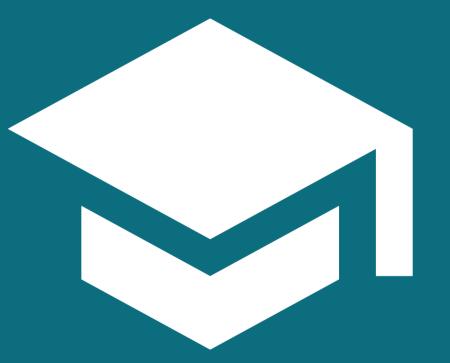
Take away the **practical tools**, insights & **resources** you need to establish self-supportive **healthy habits** and behaviours.





What will 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





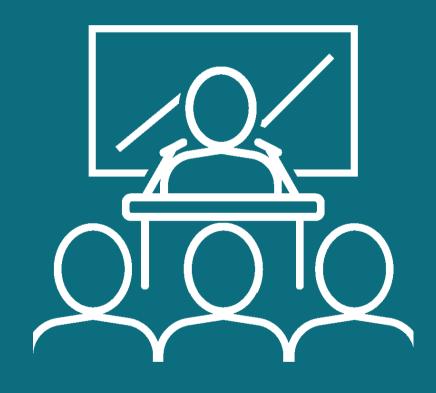
Course modules

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



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

