



Jon Kabat-Zinn's gold standard

Mindfulness-Based Stress Reduction

8 week course



With over 30 years of academic research and evidence base, Jon Kabat-Zinn's worldwide recognised programme is proven to reduce symptoms of stress, pain, anxiety and depression.

Learn to apply scientifically proven, trusted tools and practices which can enhance your mind and body wellbeing, increase focus and attention, whilst helping you cultivate lifelong resilience building healthy habits.

Course overview

**Mindfulness-Based
Stress Reduction**

wakingwaves.com/courses

What will I learn

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



Supportive habits to enhance your physical and mental wellbeing

Practical and mindfulness specific understanding of our stress response and related neuroscience

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. Build **greater stability** and sense of ease
3. Discover a stress free, **reliable place of calm**
4. **Enriched learning** experience through group
5. Graduates receive **16 x CPD points**
6. Connect with like-minded people



Course modules

Week 1: Mindfulness intro, coming out of autopilot

Week 2: Impact of stress on body and brain

Week 3: Our 'stress response' and learning not to react

Week 4: Rewiring our brains for positivity

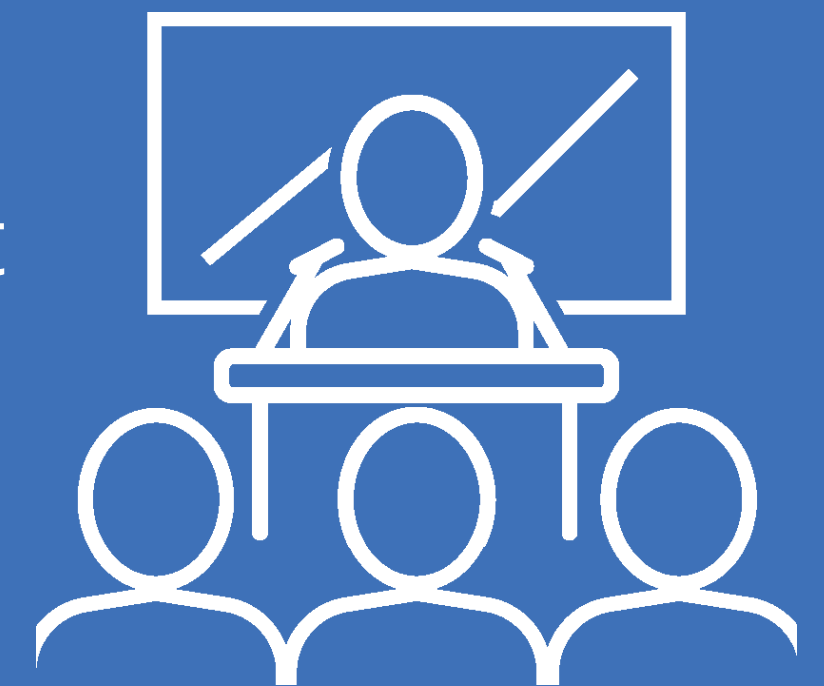
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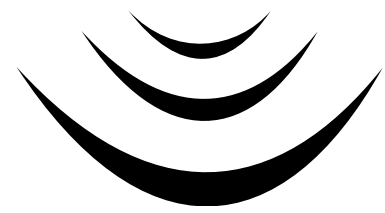
Week 5: Breaking habits and patterns of the mind

Week 6: Working with difficulty and supportive attitudes

Week 7: Compassion for Self and Others

Week 8: Reflection and Resilience building habits





Waking Waves

What's included?



8 x 2 hour weekly teaching sessions [over zoom]

Guided meditations in session

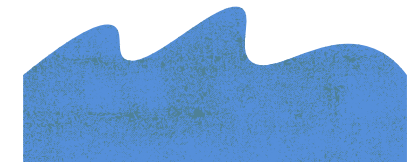
Supported self-reflection and inquiry in-session



Recordings for home meditation practice

Access to Waking Waves sitting group ongoing

16 x CPD points awarded + certificate





Cost: £210

per participant

For Organisations

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

Timings

Weekday evenings and midday

Join the next wave

[Book here](#)

Get in touch

hello@wakingwaves.com

wakingwaves.com/courses



Waking Waves

Leave Stress in Your Wake