

A personal invitation to the mindfulness community from Ruby Wax.....



After suffering “the tsunami of all depressions” I discovered mindfulness, which has greatly benefitted me in all aspects of my life.

I have been studying for a Masters Degree in Mindfulness Based Cognitive Therapy (MBCT) at Oxford with Mark Williams and his team.

As part of my dissertation, I have developed an embryonic new show about how our sanity is jeopardised by the way our minds work. The show promises to be both scientific and funny.

Existence – the Pros and Cons

Please do come and join me as part of my audience to help me pilot my new show and deliver my dissertation at the same time!

Date: Sunday 9th and Monday 10th September 2012 at 8.00 pm

Venue: The Menier Chocolate Factory, 53 Southwark Street
London SE1 1RU
www.menierchocolatefactory.com

This invitation is open to mindfulness practitioners, teachers, those interested in mindfulness, their friends and family at a special price of £5 to cover venue costs.

Tickets are not being marketed to the general public, so you will not find them on the venues website. Tickets are available on a first come first served basis by phoning the box office

Box Office: 020 7378 1713

"A great mindfulness speaker, I highly recommend seeing Ruby Wax. She was keynote at the Mindfulness at Work conference earlier this year and was so funny, but yet so serious."

Michelle McArthur - Morgan - Learning & Development Professional & Mindfulness Practitioner.

"Ruby has helped break down the stigma of depression, and is helping mindfulness to move from the Margins to the Mainstream"

Juliet Adams, Founder, Mindfulnet.org, Director: A Head for Work