

Feel more alive and joyful! The Mindfulness-Based Stress Reduction course is designed to help with the physical or psychological effects of stress, pain or illness. You will learn practical mind and body awareness techniques including awareness of breath, sitting and walking meditation, and gentle yoga stretches suitable for every-body. Mindfulness approaches are widely accepted in the NHS, in schools, sport and business.



*“Salma ran the course with quiet, strong integrity”*

*“Salma showed great sensitivity & gentleness and a very kind, caring approach”*

*“Excellent course, thank you”*

Salma Darling, MA, ADMP brings over a decade of teaching mindfulness alongside her work as a body-oriented clinical psychotherapist and psychotherapy supervisor.

She trained in the USA with Dr Jon Kabat-Zinn, founder of Mindfulness-Based Stress Reduction, and has taught mindfulness in hospital settings, in social services, to NHS staff, community groups, in charities and Buddhist Centres in the UK and USA.

Cost: £195 Includes 8 weeks PLUS a daylong, handouts & instructional CD for home practice