

**Saturday 19th
November 2022**

10am—1pm

Fee : **£23**

Tutor : Pauline Matthews



Letting yourself relax after the hard time we have had recently, to allow you to be more mindful and in the moment, have time to yourself to feel rejuvenated and in touch with the good things in life. It's a bit like having a holiday, giving yourself a break for an hour and a half a week.

This is the course for you if you would like:

- To take some time out for yourself
- Appreciate yourself and your surroundings more
- Feel in a more positive state of mind
- Learn and develop Mindfulness Techniques

About Your Tutor

Pauline has always been fascinated by Psychology and what makes us unique.

Through her background in Coaching, Training and Psychotherapy, she has held many roles supporting, advising and empowering others. She has taught Mindfulness, Stress Management and Relaxation to groups as well as individuals. She emphasises concentrating on the present moment and the need for self care and compassion in our fast paced world.

She encourages students to read the benefits of Mindfulness, including the findings of Jon Kabat-Zinn who developed Mindfulness-Based Stress Reduction.

Research continues to establish what a positive effect Mindfulness can have in our lives, helping us to get more out of life, feel more confident and more fulfilled.

Pauline's desire is to pass information on to others so that they can learn new skills as well as gaining the huge benefits of Mindfulness.

What you need to bring to the first session

An open mind!
A bottle of water
A blanket

How to book

You may enrol by:

- Phone: 01954 288751
- Email: community@astreacottenham.org

Course fees are payable in full at the time of booking. Bookings and course fees must be made at least 5 working days before the start of the course.

Ways to pay

- Payment can be taken by cheque, payable to Astrea Academy Trust or by credit/debit card in person at Cottenham Village College.
- Credit/debit card payments can be taken over the telephone on 01954 288751

Please note refunds can only be made if a class is cancelled or closed.

Terms and Conditions

Full terms and conditions can be found on our website:
<http://community.cvcweb.net/home/learner-information>

Equalities Statement

The Trust operates an Equality of Opportunity Policy. We believe everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a learning community based on mutual respect and trust. Please contact us in confidence to discuss any support you may need.