

Mindful Living: The Art of Being Human

Introductory mindful workshops at Pentlow Tower, Suffolk

- Do you want to make your life more meaningful?**
- Do you want to improve your personal and work relationships?**
- Do you want to reduce anxiety and stress?**

The pressures of modern life and the digital world are intense, often leading to mental and emotional distress. Mindfulness is an age-old approach to life that helps slow down the body and mind. It is used in schools, businesses and in personal life as an antidote to the stresses of life. Further it has the potential to transform your relationships and the choices you make. At its heart, mindfulness opens up profound understandings about what it means to be human.

In these introductory workshops you will learn:

- basic mindful practices
- the connections between mindfulness and modern science
- how to apply these in daily life

Workshop 1: Mindfulness in Relationship

Workshop 2: Mindfulness at Work

Each workshop will take place in the beautiful 8-acre grounds of Pentlow Tower in the depths of Suffolk providing the perfect setting to slow down and relax.

This marks the launch of a programme of courses and workshops to be held there beginning in spring 2019.

The facilitator

Dr Bronwen Rees was a pioneer in introducing mindfulness practices into the workplace, as Director of the Centre for Transformational Practice, Anglia Ruskin University, Cambridge and has published, lectured and led retreats worldwide. She is a psychotherapist, teacher, and the founder of the East West Sanctuary in Budapest and has practiced mindfulness for nearly 30 years.

The programmes: September 1 2018: Mindful Living/October 20: Mindful Work

Programmes run from 9.30 to 4.30 This is an initial promotional offer at £50.00 per head including home-cooked lunch and other refreshments.

Book now to reserve your place. For further information see

www.incubatio.co.uk

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SUPPORTING SYSTEMIC EVOLUTION
Mindful inquiry - Embodied relationship - Sustainable action