

## **Mindfulness & Meditation course with Gary Born & Sud Ubayasiri** **Thursdays 1- 29 March 2012, 6.30 - 8.45 pm**

This special short course - for those with and affected by cancer - will provide an introduction to the practice of mindfulness, using meditation, body awareness and simple movement. The approach is experiential, with lots of practice, but also with opportunities to discuss your experience and learn from others. We will also explore how this practice can be taken into day-to-day life, where it is most needed. We encourage participants to try the practices and stay with those you find most effective, but you will not be required to do any exercise if you prefer not to.

### **Benefits of Mindfulness**

- Better ability to cope with the stresses and uncertainties of everyday life
- Better concentration
- Improved sleep and ability to relax
- Improved equanimity - learning the skill of responding rather than reacting to situations

### **The main practices in the course are:**

- Sitting meditation: mindfulness of the breath, the body, feelings and thoughts
- Mindfulness of movement (stretches and qigong)
- The Body Scan
- Mountain Meditation

*"I have thoroughly enjoyed it. The course has helped me be more calm and mindful of myself, to take care of myself, and that this is OK! Others have noticed my calm and sometimes happy self."  
"It has deepened the experience of meditation for me." "A very refreshing and practical course."*

### **Leaders**

Gary has taught qigong and mindfulness at PCSC since 2007. He has practised meditation for more than 20 years and has completed the teacher training in mindfulness-based approaches taught by the University of Bangor. Sud teaches the monthly meditation class at the Centre and has also completed the teacher training in mindfulness at the University of Bangor.

### **To book**

Course fee: £50 for those employed or who have resources. £30 for those with part-time work. £15 for those on benefit. Pay by cash or cheque made out to Paul's Cancer Support Centre. Send to Kerr and Honor, PCSC, 20-22 York Road, London SW11 3QA, labelled 'Mindfulness Course'. If you are not already a member of the Centre, please include your contact numbers, address and email address.

**Paul's Cancer Support Centre**  
20-22 York Road, London SW11 3QA

020 7924 3924

[www.paulscancersupportcentre.org.uk](http://www.paulscancersupportcentre.org.uk)