

# 8 Week Mindfulness Courses

*"It has changed how I view myself and  
the world, for the better"*

Previous Course Participant

## WEEKLY COURSES

Mondays **18:00 - 20:00** 8 October - 26 November 2018

Wednesdays **10:00 - 12:00** 10 October – 28 November 2018

Wednesdays **14:00 - 16:00** 10 October – 28 November 2018

Wednesdays **18:00 - 20:00** 10 October – 28 November 2018

## FORTNIGHTLY COURSES

Mondays **10:00 - 15:30** 8 October - 19 November 2018

Mondays **10:00 - 15:30** 15 October - 26 November 2018

Our 8 week courses are offered to the general population. If you are feeling generally 'dissatisfied' with your life, have a sense of 'missing out' on moments of pleasure and joy or are experiencing stress, anxiety, low mood or recurrent depression, this course could help you. Over the 8 weeks you will develop skills to better respond to the 'ups and downs' of everyday living and to enhance your general wellbeing.

Find out more at  
**[www.oxfordmindfulness.org](http://www.oxfordmindfulness.org)**