

KEEP IN TOUCH:

We have a newsletter to share all our developments on a regular basis, please visit the website to sign up and keep in touch.

DONATE AND SUPPORT:

Our charitable work is enabled by generous donations from friends and colleagues. If you are able, please support our work. Small donations make a big difference. Larger donations are truly transformational. All support is much needed and very gratefully received. Visit the website or contact the office for more information on how to donate and increase access to MBCT.

Oxford Mindfulness Foundation
The Wheelhouse
Angel Court
81 St Clements
Oxford, OX4 1AW

Company Registration Number: 06144314
Charity Registration Number: 1122517

E: admin@oxfordmindfulness.org
T: +44 (0) 1865 238 568

VISIT THE OMF WEBSITE
oxfordmindfulness.org



@Oxfordmindfulness



@oxford_mindfulness_foundation



oxford-mindfulness-foundation



Oxford Mindfulness Foundation Audio & Video Resources



@OMF_mindfulness

1

**Looking Ahead to
a New Year with
Mindfulness**

Jake Dartington

January 2022

2

**Understanding
the Challenging
Dynamics of
Mindfulness Practice**

Norman Farb

February 2022

3

**Agency and
Connection**

Jamie Bristow

March 2022

4

**The Dark Side
of Social Media:
How mindfulness
can help**

Erin Lee

April 2022

12

**My Year of Living
Mindfully (what
happened next)**

Shannon Harvey

December 2022

Oxford Mindfulness Foundation

**12 months
of mindfulness**

2022'
Season's
Greetings

5

**Mindfulness and
Cancer: Gently
turning towards**

Trish Bartley

May 2022

11

**The Findings
of the MYRIAD
Project: Part 2**

Tim Dalgleish

November 2022

6

**It's in Your Hands:
Creative mindfulness**

Tamara Russell

June 2022

10

**The Findings
of the MYRIAD
Project: Part 1**

Tim Dalgleish

October 2022

9

**Mindful
Forgiveness**

Claire Kelly

September 2022

8

**Practice with the
OMF**

Brenda Bell

August 2022

7

**The Fruits of
Practice**

Sara Lazar

July 2022

As we move into a new year, we reflect
on how mindfulness has supported
us through the past 12 months.

Once again, we have been able to
continue our work in these extraordinary
times due to the amazing team at the OMF
and the help of everyone who has
collaborated with us.

Thank you, as always, for your
friendship and support.

Sending season's greetings
as we look towards 2022

Sharon Hadley and Peter Yiangou
on behalf of the whole OMF Team