

# Free Introduction to Mindfulness and Mindfulness-based Courses (21 GBP)



**Mindfulness**  
8-week Courses with Nick Diggins

**Wake up to your Wholeness**

Summer Intensive Mindfulness Course  
30th July - 7th Aug (see website for details)

Mindfulness-based Stress Reduction  
Wednesdays 11am - 1.10pm, Hove  
Thursdays 7.30 - 9.40pm, Hove  
Fridays 11.00am - 1.10pm, Lewes











Mindfulness-based Cognitive Therapy  
Mondays 7.30-9.40pm, Lewes  
Saturdays 11am -1.10pm, Brighton

**FREE TALKS**  
See website for details

[www.mindfulnessforwellbeing.co.uk](http://www.mindfulnessforwellbeing.co.uk) 07948 795645

Location **South East, West Sussex**  
<https://www.freeadsz.co.uk/x-425508-z>

Mindfulness has been used for thousands of years to promote well-being. It is now widely recognized as being a powerful tool that can help anyone enhance their appreciation of life, manage stress, and improve performance in activities and tasks. In the media it has been referred to as the 'mindfulness revolution'. Its advocates even include an American Congressman, and it's now used in a wide variety of settings such as healthcare, business, education, and sport. This free introductory session will introduce mindfulness and the 8-week mindfulness courses: Mindfulness-based Cognitive Therapy (MBCT) and Mindfulness-based Stress Reduction (MBSR). These courses are relevant for anyone wanting to find more balance and harmony in their life. However, there is also strong scientific evidence that they can specifically reduce stress, anxiety and low moods. Nick Diggins has taught more than a hundred 8-week mindfulness courses, as well as many shorter courses. He has an MA in Teaching Mindfulness-based Courses, and is an Associate Teacher and Supervisor for the Mindfulness Network CIC ;

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