

Mindfulness based stress reduction

8-week tutor-led MBSR course



What is MBSR?

The programme offers training in meditation and mindfulness through practice. To practice living with more awareness, in the present moment, to know what is going on with ourselves and to see where we have choices.

There is exploration of stress, thoughts, emotions and sensations. The MBSR course is clinically approved by NICE (for the NHS). The course may also promote skills in relaxation, mental focus and resilience.

What can I expect?

8 weekly 2½ hour, online sessions, plus a silent retreat. You will be guided in mindfulness practice and group discussions on the subject of stress. There is an initial 20 min consultation with the tutor before joining the course. Commitment to 45 minutes of weekly home practice throughout the course is recommended.

Fees

Online zoom, tutor-led 8-week MBSR course: 240euros/£210
Includes: 20-minute consultation, 24.5 hours group contact time, course handbook, guided meditations for home practice.

Private tuition is also available online, please contact me for fees.

Who is my Tutor?



Lesley Kidd MSc, a psychotherapist with over 20 years' experience, I began studying mindfulness and MBSR formally in 2016. Personally, I wanted to improve my own balance, concentration and calm, I had encountered meditation via years of yoga practice and I wanted to bring the benefits of mindfulness to counselling.

I live and work in France.

