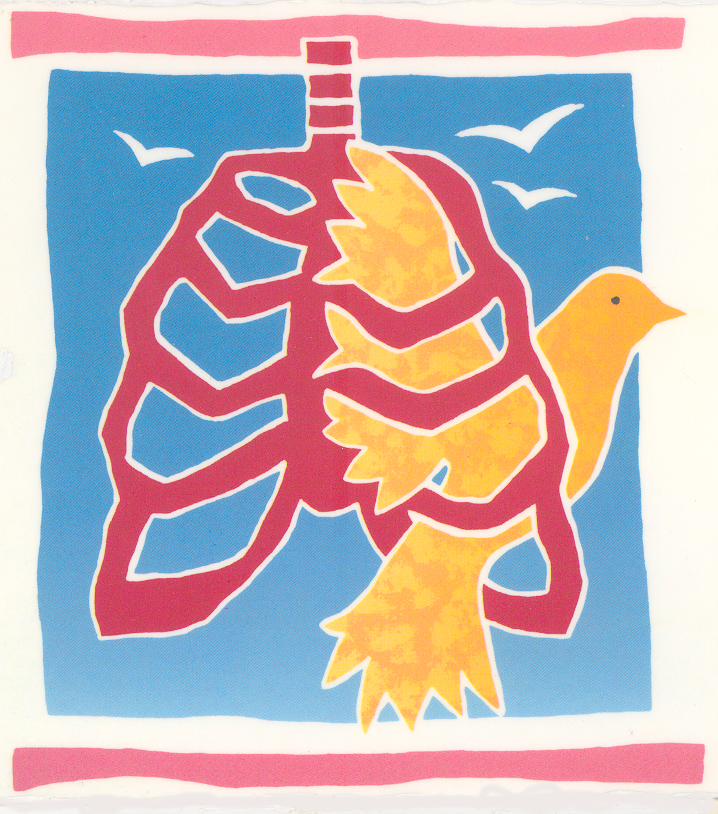
**Mindfulness in Action**

**A four session course**

**Thursdays: 4, 11, 18 and 25 May 2017**

**Time: 10.00 - 12.00 noon**

**Cost: £60 (paid in advance)**



Exploring:

* **New thinking for challenging futures**
* ***Thinking about* and *Thinking into***
* **Life-hacking: it’s not a rehearsal!**
* **The art and the science of habit and change**
* **Contemplative practice and neuro-plasticity**
* **The Natural breath: mind-body interaction**
* **The power of not-quite-yet/presence of mind**
* **Strengthening the ‘muscles’ of attention and awareness**
* **Coping with discomfort and distraction**
* **Surviving digital daze/days**

**Venue:** **Bashful Alley Centre, Bashful Alley, Lancaster LA1 1LF**

**Tutor*:******John Woodward*** *brings a unique perspective to Mindfulness: with research experience in neuro-physiology. John is a 25 year long pioneer of a world-wide interest in natural running and movement. John also has 30 years' experience of running a full time Alexander Technique Teaching practice from Bashful Alley in Lancaster.*

**Booking essential:** 01524 844 299

**email:** info@naturalrunning.co.uk **website:** www.naturalrunning.co.uk