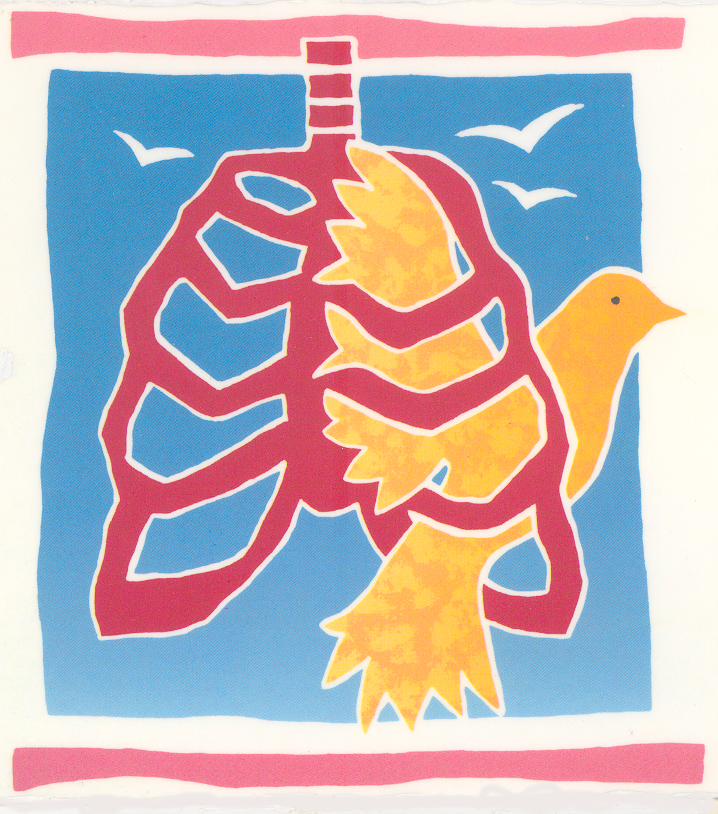
**Mindfulness in Action**

**A one-day taster course**

**Saturday 17 June 2017**



Exploring:

* **New thinking for challenging futures**
* **Ways to think: *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 and presence of mind**
* **Strengthening the' muscles' of attention and awareness**
* **Coping with discomfort and distraction**
* **Surviving digital daze/days**

Introducing empowering techniques of self-management to reduce stress and improve everyday health and well-being. This day offers an introduction to Mindfulness-in-Action.

**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 running a full time Alexander Technique Teaching practice from Bashful Alley in Lancaster.*

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

**Time: 10.00am - 4.00pm**

**Cost:** **£35** (paid in advance)

*Please bring lunch to share.*

**Booking essential: 01524 844 299**

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