

Acceptance Form

I would like to attend the Mindfulness Based Living Course.

Name _____

Address _____

Tel No. _____

Email: _____

Please return this form as soon as possible as places are limited.

Each Session will take place from 12.30pm to 2.30pm at Care for Carers, Room 4.25, St Margaret's House, 151 London Road, EH7 6AE

For further information please contact: Dipa Ward at Care for Carers on 0131 661 2077.

Mindfulness Based Living Course for Carers

The Mindfulness Based Living Course (MBLC) is a mindfulness course based on the Mindfulness Association's Level 2 Mindfulness Training module. It is an 8 week course consisting of 8 sessions. Each session will take place between 12.30pm-2.30pm. The details of each session are below:

The course will take place over the following dates:

- Monday the 8th of April What is Mindfulness?
- Monday the 15th of April Start Where We Are
- Monday the 22nd of April The Body in the Present
- Monday the 29th of April Mindfulness Support
- Monday the 6th of May Working on Distraction
- Monday the 13th of May Explore Undercurrents
- Break
- Monday the 27th of May Day of Practice
(This will be a longer session from 11am to 3pm)
- Monday the 3rd of June Self Acceptance
- Monday the 10th of June Mindfulness Living

This course will be led by a fully qualified Mindfulness Association tutor who has experience working in this field for many years. There will be a follow up session after the course has ended for participants to come back together; the date of this will be confirmed nearer the time.

Tear here

Tear here

Care for Carers is a voluntary organisation which provides support, information and short breaks to carers.

**This course will be held at:
Care for Carers
St Margaret's House
151 London Road
Edinburgh
EH76AE**

Telephone: 0131 661 2077

Email: enquiries@care4carers.org.uk

Care for Carers is funded by the City of Edinburgh Integrated Joint Board, NHS Lothian, The Short Breaks Fund, RAS200
Care for Carers is a Registered charity No. SCO 13450.



**Mindfulness Based
Living Course
From
Monday the 8th of April to
Monday the 10th of June 2019**

