

Kay Murphy is an experienced mindfulness trainer and educator. She is interested in the promotion of Mental Health and Wellbeing in work, school and home. She has had a personal mindfulness meditation practice for the last 10 years and trained as a Mindfulness Based Stress Reduction teacher with the Institute of Mindfulness Based Approaches.



Kay follows the good practice guidelines laid down by the UK Mindfulness Network, which includes ongoing supervision, training and attending regular silent retreats. She leads a variety of workshops and courses nationally and is committed to sharing these life changing practices with a wide range of participants.

Booking Information

The workshop is open to everyone - from complete beginners to experienced practitioners.

Spaces on this workshop are limited and so will need to be pre-booked and pre-paid. Bookings are all on a first come first served basis and confirmed on payment.

Book online today at www.aframeofmind.ie or give us a call on 0851094553.

Course fee

€65 including Tea/Coffee

Course will be offered in blocks of 4 weeks again on September 9th, 16th, 23th, 30th

Workshop Location

This session will be held in the Loftus Room at Insight Matters, 46 Mountjoy Square South, Dublin 1.

www.aframeofmind.ie

4 Week Experiential, Fun, Mindfulness and Self Care Course

Ready to begin your journey

Kay Murphy, A Frame of Mind



46 Mountjoy Square South,
Dublin 1.

Mindfulness as a Natural Antidote to Stress, Anxiety & Unease

The pressure we feel to be busy, perfect, productive and to multitask often makes us unhappy, distracted and stressed. Mindfulness meditation is a scientifically tried and tested method for helping us to claim our imperfections, stress less and enjoy life more.

What is Mindfulness Meditation?

Mindfulness is training for your mind, it is a life skill!

Mindfulness is the practice of paying attention to the present moment, on purpose, and with compassion. Since most of our stress comes from worrying about the past or the future, focusing on the present gives our mind a chance to rest.

About the Introduction Course

During this four-week Introduction course, you'll practice mindfulness techniques to help you stay focused on the present moment and reduce stress. You will be facilitated by Kay.

Participants are encouraged to practice at home and to share their experience if they wish.

Who's it for?

This course is perfect if you're interested in exploring the benefits of Mindfulness and Self Care but are short on time or unable to commit to the full 8 week process.

Course dates

Saturday 1pm - 2pm

3rd, 10th, 17th and 24th June Inclusive

The course content will be broken up into the following sections:

Week 1

- Mindfulness: An Introduction

You will receive an introduction to the benefits of mindfulness and the different ways to incorporate it in your daily life. Some of the class practice will include mindfulness of breath and mindful.

Week 2

- Mindfulness: your body

You will focus on getting out of your head and into your body with the body scan meditation. You will also learn to practice the PAUSE to help you take a mindful break during your day. Finally, we will also have a quick introduction to mindful walking and movement.

Week 3

- Mindfulness: Yoga and Walking

You will learn how to take your mindfulness into movement, to observe rather than judge. In this class we play with limitations and acceptance. We will finish with a quick introduction to mindful walking.

Week 4

- Mindfulness: Self Care

We will focus on developing a more compassionate frame of mind towards ourselves as well as towards others. You will be guided in the Loving Kindness meditation, and make a wellness plan to help you to prioritise self care practice in your daily life after the course.

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