

Mindfulness Training

An Invitation

To all...

**LGBT, Non-Binary and any other
sexual/gender non-conforming identities**



THIS KIND SPACE

**All are welcome to a Free Taster Session in Mindfulness
facilitated by Carol Carr of This Kind Space.**

Supported by Scottish Borders LGBT Equality, in May this year, Carol, will be launching an 8-Week Mindfulness Based Living Course, specifically for the LGBT Plus community.

Mindfulness Training can be of great benefit should we find ourselves struggling to manage our thoughts, feelings and emotions. Confusion, fear, anxiety, shame, anger and guilt are commonly shared experiences. We're all human! Along with all the stress these may cause, we may feel stuck and over-whelmed at times. It helps when we begin to understand why we react to things the way we do. Then we can support ourselves, for our own well-being. Mindfulness teaches us that we can all do this.

What is Mindfulness?

Mindfulness is commonly understood as: "living in the present moment." Simple? Well yes maybe - but not easy! So, mindfulness training, shows us how to become more fully aware in each moment, while also caring about what's happening, for our own well-being and potentially that of others too.

Why is this important?

Do you ever find yourself caught up in habitual, negative thought and behaviour patterns? Do you suffer from low self-esteem? Do you ever wish that your life could be easier and not always feel like a relentless struggle?

Mindfulness training teaches us how to notice what arises in our mind; how to recognise it for what it really is; then to pause for a moment before deciding how to respond appropriately– potentially averting a negative outcome for ourselves – and for others.

What will I learn?

- You will learn what the key mindfulness skills, techniques and practices are, and why we practice them.
- You will learn how to care for yourself better – by being more open, curious and kind, towards what unfolds in your life – whatever it is - thinking of it less as a relentless struggle and more a series of unique processes.
- You will learn how to soothe, support and heal yourself into a better place, particularly in times of emotional difficulty.
- You will learn how to fully engage with mindfulness as you begin to integrate it into your daily life.

The online 8-Week Mindfulness Based Living Course. (MBLC)

What's involved?

Prior to signing up for this free course:

1) An introductory "Taster Session" lasting 1.30 – 2hrs
Here you will meet your mindfulness facilitator Carol Carr.

Carol has first-hand experience of using mindfulness to work through some of the very difficult issues so many in our community experience. She has studied and practiced compassion-based mindfulness for many years, and teaches mindfulness full-time, specialising in working with the LGBTQI Plus community and with the partners and significant others of transgender and non-binary people.

During this session the purpose and content of the 8-week course will be explained to you. Beginners are most welcome. You will be invited to try 2 simple, guided, mindfulness meditation practices. Carol will answer any questions you may have. A set of clear ground rules will be established so that participants feel safe in the online ZOOM platform, understand the role and importance of the confidentiality, kindness, compassion and trust that crucially always underpins these mindfulness courses.

You will also be shown the Course Registration Form which all who choose to continue with the full course are asked to sign.

Carol is authorised by the UK Mindfulness Association to teach this course and adheres to the "UK Good Practice guidelines for Mindfulness Teachers" available on request.

Course Content Outline

Week 1: Start Here and Now

Week 2: The Body is Always Here and Now

Week 3: Introducing Mindfulness Support

Week 4: Working with Distraction

Week 5: Exploring the Undercurrent

Retreat Day 2hrs + 2 hrs – revisiting practices to date – (optional)

Week 6: Exploring the Attitude of the Observer

Week 7: Acceptance and Self-Compassion

Week 8: A Mindfulness Based Life

Follow up session a month later. (optional).

You are invited to join one (or both) of the 2 introductory taster sessions on Monday the 24th of May.

- 1) 2pm – 2.30pm
- 2) 6pm – 7.30pm

Following these, the full course will take place weekly, on a Monday afternoon or evening - still to be decided.

Course materials including the full manual and 14 recorded mindfulness practices are included in the course and will be sent to each participant.

Each session lasts 2 hours. There is no charge for this course.

Interested in coming along? Please Contact Carol.



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