

MINDFULNESS COURSE FOR PARKINSON'S SCOTLAND

Join our free online Mindfulness-Based Living Course and learn different tools you can use in your life which can help you stay more present and build qualities such as self-compassion.

The NHS includes mindfulness is one of their five ways to wellbeing so come and try for yourself!

Sessions have a gentle pace and take place on **Tuesday evenings between 6 - 8pm** starting on 11th March (introductory evening), then every Tuesday from 1st April 2025 until 20th May 2025, with a final meet up on 10th June.

Session dates and themes:

- **11/03/25** Optional introductory session - What is mindfulness?
- **01/04/25** Week 1 Start where we are
- **08/04/25** Week 2 The body as a place to stay present
- **15/04/25** Week 3 Introducing sound as a support
- **22/04/25** Week 4 Working with distraction with gentle movement
- **29/04/25** Week 5 Exploring our experience and growing kindness.
- **06/05/25** Week 6 Noticing our attitudes
- **13/05/25** Week 7 Working with difficulties and building self-acceptance
- **20/05/25** Week 8 A mindfulness-based life.
- **10/06/25** Optional follow up session to be confirmed with group

We look forward to meeting you!



About the teacher

Hi, my name is Cath and I have been teaching mindfulness since 2020. I have felt the benefits of mindfulness in my own life after doing my first 8-week course through an NHS Pain Clinic many years ago. I look forward to meeting you!

Contact me: Cath Ashby
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