

# Mindfulness For Teenagers

## *Nurturing Young Minds*

**\* New Course \***

**Starts on the 23rd April 2018 for 9 weeks.**

**April the 23rd/30th 14th/21st May  
4th/11th/18th/25th June and the 2nd July.**

**@ The Salisbury Practice – Stockbridge  
4:15pm- 5:45pm  
Fees: £220**

**.b**, pronounced [dot-be], is the UK's leading mindfulness curriculum for 11-18 year olds. **.b** stands for 'stop and be', a simple practice at the heart of this course. Each **.b** lesson is expertly crafted for use in a *classroom style setting* to teach a distinct mindfulness skill. The **.b** materials are designed to engage even the most skeptical of young minds.

**Places on this course are limited to 8 only.  
To avoid disappointment please book early.**



[www.mindfulnesswiltshire.co.uk](http://www.mindfulnesswiltshire.co.uk)  
Tel: 07833695871

**.b** is a fun, engaging and useful 9 week mindfulness course for young people, adapted from the adult courses Mindfulness-based Stress Reduction and Mindfulness-based Cognitive Therapy.

It has been evaluated positively by the University of Cambridge and Oxford Brookes, and can be used in a wide range of contexts and age ranges.

### **What are **.b**'s objectives?**

**.b** aims to give students mindfulness as a life skill.

### **Students use it:**

- to feel happier, calmer and more fulfilled
  - to get on better with others
- to help them concentrate and learn better
  - to help cope with stress and anxiety
  - to perform better music and sport.

### **What **.b** ISN'T:**

Boring, Hippy dippy, Yoga, Religious, Therapy

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