



ANANDA programmes

for Mindfulness
NEWSLETTER
VOLUME 1, ISSUE 1

Welcome to the Ananda Programmes' first Newsletter. This will be published quarterly to help keep you informed on any new developments in the world of Mindfulness, and I welcome any comments or news you may like to offer.

ANANDA PROGRAMMES 5 YEARS LATER

In the five years since I founded Ananda Programmes, the Mindfulness Based Stress Reduction (MBSR) 8 Week Programme has become well known and much appreciated in Ireland as a very valuable self-care tool. As well as the wonderful results shared by those who have completed the MBSR Programme, scientific research results is supporting this very positively as well. Knowing how Mindfulness has supported me and other adults I have worked with, I am committed to promoting Mindfulness in Schools. I would love our children to have Mindful Living as part of their lives rather than re-learning this life skill as adults.

THE NOVARA CENTRE

The Novara Centre in Bray which is now the venue for my courses is proving to be a great location with the bonus of Mindful Walking by the sea.

COURSES & EVENTS

NEW MBSR 8 WEEK PROGRAMMES: There are two 8 week MBSR Programmes starting in mid April.

MBSR RENEWAL DAY: Due to requests from those who have completed the 8 Week MBSR and would like a further opportunity to support their practice, I am now offering an MBSR Renewal Day. This is on 12th June from 10am to 4pm.

DAY OF MINDFUL LIVING: The next date for this one day workshop is 24th April.

DROP IN MINDFULNESS MEDITATION: A time for stillness and to simply be for those who already enjoy a meditation practice. This is commencing at The Novara Centre on Monday mornings at 9.15am to 10.15am from 19th April and Thursday evenings at 6.15pm to 7.15pm from 22nd April.

For more information on the above Courses and Events see www.ananda.ie

LATEST NEWS

Irish Times article - The Irish Times Health Supplement published an article recently on Mindfulness for Schools. This is based on a project I initiated at St. Thomas Junior National School in September, 2008, and clearly shows how a little Mindfulness can make a big difference.

<http://www.irishtimes.com/newspaper/health/2010/0316/1224266346854.html>

NATIONAL MINDFULNESS CONFERENCE IN THE UK

I attended the first National Mindfulness Conference at Tonbridge Wells in the United Kingdom on 11th March. It was inspiring and encouraging with over 180 delegates. The Conference was organised by the Oxford Mindfulness Centre at the University of Oxford. There was a very strong line up of Speakers including Mark Williams who many of you may know from his very valuable book Mindfulness-Based Cognitive Therapy which he wrote with Zindel Segal and John Teasdale. Tonbridge School did a pilot programme based on MBSR over 4 weeks with 14 year old students. We heard the pupils' perspective which was very positive and promising. We also heard from Jini Lavelle who is known for her Course Handbook for Mindfulness in Schools for Teachers in the U.K. Jini is now part of the Oxford Mindfulness Centre and is concentrating on training the teachers. I hope that we can draw from this and offer training for our teachers so that Mindful Schools becomes the norm in the future.

HAPPY EASTER

I would like to end this first Newsletter by wishing you a very happy and joyful Easter. May you enjoy the new life Spring is offering and be mindful of the hope that comes with this. With warm wishes and many blessings at Easter time,

Anne Twohig

You can't stop the waves,
but you can learn to surf.

Jon Kabat-Zinn

Live
a less
stressful
life

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