

# Finding Peace in a Frantic World

*with Dr Neelam Taneja PhD, Member IAYT, Life Fellow RSM, Accredited teacher  
in Mindfulness and Meditation and*

*Karima Tasker BSc (Hons) in Mental Health Studies, Diploma in Social Work  
(registered with the HCPC) and accredited by the BABCP as a psychotherapist*

**Sundays - 12 May, 9 June and 14 July 10.00-16.00**



This in-depth three-day programme is suitable for adults who are seeking additional strategies and effective approaches for sustaining optimal mental health. The practice focussed sessions draw on the core principles of Mindfulness-Based Cognitive Therapy (MBCT) as developed by Professor Mark Williams of Oxford University and colleagues from the Universities of Cambridge and Toronto.

You will learn:

- To identify and banish negative thought patterns
- To relieve anxiety and lift difficult mood states
- To cultivate happiness and harmony in your daily life
- Ten mindfulness meditations for mental flourishing
- The principles of MBCT and the evidence which supports it

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