

Both scientific research and reports from course participants indicate a wealth of physical and psychological benefits – Feedback from Aisling Centre mindfulness programme

*"My racing mind 'must do' 'didn't do' etc.. has slowed down considerably"*

*"The biggest change – I sleep through the night"*

*"I want to put this into practice when I am faced with crisis and not go into the panic etc that I am so used to doing"*

*"I would totally recommend it to anyone who is faced with difficulties in life as it will teach you a much better way to deal with these situations"*

*"It also helped me with depression, anxiety and panic attacks and made me think a lot more positively about myself"*

*"It was one of those courses you looked forward to and would not have missed a night"*

## Where can you find us?

Aisling Centre  
37, Darling Street  
Enniskillen  
Co Fermanagh  
BT74 7DP

## How can you contact us?

### Drop in

### Telephone:

028 66 325811

### Email:

info@theaislingcentre.com

### Website:

www.theaislingcentre.com

### Follow us on



### Patron

Adrian Dunbar

### Lifetime Member

Sr. Edel Bannon

Registered with the Charity Commission for NI - NIC101096  
Limited Company Registration No – NI 27011  
BACP Registration No - 101666

## Emergency contact telephone numbers:

Gateway Team: 028 7131 4090

Lifeline: 0808 808 8000

Emergency Services: 999

GP Out of Hours Services: 028 7186 5195

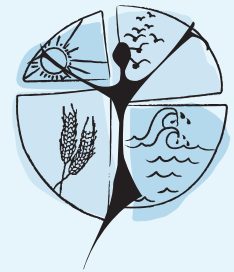
Samaritans: 116 123

Email: jo@samaritans.org

Childline: 0800 1111

Aisling  
centre

Hope Healing Growth



# Mindfulness Meditation

Your local Counselling, Psychotherapy  
and Well-Being Service

www.theaislingcentre.com

## What is Mindfulness Meditation?

Meditation is primarily about learning how to make peace with your inner self. It is about learning to listen to your own heart and make good choices and learning to listen to your body and take care of yourself.

## Who can benefit from Mindfulness Meditation?

Mindfulness Meditation is suitable for anyone living with stress, anxiety, depression, pain or illness. Research has shown that incorporating 'Mindfulness' into a busy lifestyle can lead to improved health and well-being.

## Facilitation

Aisling Centre Mindfulness Meditation programmes is facilitated by qualified and experienced facilitators of mindfulness programmes.

## Options to get started

**Drop-In/Taster Session** – in which the facilitator will introduce you to the main practices of mindfulness meditation. Sessions are normally held on the last Tuesday of the month. Full details are available on our website and social media pages.

### No booking required

Admission - Voluntary Donation

### Programmes

Aisling Centre offers programmes in mindfulness-based stress reduction and mindfulness based self-compassion. These are structured 8-week programmes in which the facilitator will lead you in some of the main practices.

8-week programmes will include a silent day retreat. This is normally held on a Saturday mid-way through the programme.

As part of the programme, you will receive a mindfulness training/resource pack which will help you develop your own mindfulness practice.

Attendance at pre-programme induction/information event is strongly recommended.

Advance booking is required. Contact the Centre for details of programme dates and fees.

## Background to Mindfulness Meditation

Mindfulness Meditation is based on the ground breaking work of an American Professor Jon Kabat-Zinn. Professor Kabat-Zinn is the founding Director of the 'Stress Reduction Clinic and the Centre for Mindfulness in Medicine, Health Care and Society' at the University of Massachusetts Medical School. For more than 30 years he has pioneered the bringing of mindfulness meditation into the mainstream of medicine and society to treat stress in all its forms from emotional distress to chronic pain and illness.

Mindfulness is also being used in the UK and the University of Bangor in Wales has established the 'Centre for Mindfulness Research and Practice' department.

On their website they suggest that through the use of mindfulness

*"...we have the opportunity to access our own inner resources for insight, transformation and healing"*

## Silent Retreat

People who have previously completed an approved 8-week mindfulness-based programme are welcome to join for retreat days.