



Course Leader:

Chris Bowles MA MISMA Dip IDHP is a Mindfulness teacher, retreat leader and stress management coach. She has over 30 years experience of facilitating groups privately, in organizations and in the NHS. Chris holds a Diploma in Humanistic Psychology & Group Facilitation, a Diploma in Stress Management and has additional training in coaching and counseling. She has undertaken training in Mindfulness Based Stress Reduction & Mindfulness Based Cognitive Therapy with the University of Bangor Centre for

Mindfulness is a contemporary, secular form of an ancient Buddhist practice that can have a huge impact on our busy modern lives.

Through simple but powerful meditation and daily living exercises, Mindfulness can help you to:

Live more fully and consciously present in the 'Now' & increase your enjoyment of life as it unfolds.

Cultivate a calmer, more compassionate, more spacious and more contented relationship to the world around you.

Develop more skilful ways of managing life's challenges and difficulties.

Who are we?

The course will take place at Croydon Hall, in Somerset, an ideal venue to support the needs of people attending this course. You will have access to our well-equipped spa and the swimming pool (seasonal). All our meals are vegetarian and freshly cooked by an international team of chefs.

Croydon Hall is a holistic venue, which provides the highest standard of facilities for trainers and workshops at the lowest cost. Our presenters and teachers are all qualified experts in their particular subject.

Croydon Hall nestles in the unspoilt countryside of Exmoor National Park. Set within six acres of old established gardens, Croydon Hall is a tranquil setting with rolling lawns, ancient trees and far-reaching views over the Quantock Hills.



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**Embracing the Change:
A Mindful Journey through
the Menopause**



This weekend retreat embraces an earlier tradition of contemplation and creative activity at times of change and transition as well as helping you to develop stability and resilience in the face of the physical and emotional upheaval of menopause. It will give you the time and space you need to explore your creative self and to learn ways of being fully and vibrantly present with each moment of your life as it unfolds.

This 2 night residential workshop is taking place at Croydon Hall , Somerset.

Friday 16 - Sunday 18 March 2012

Prices £276 or £258 inc VAT

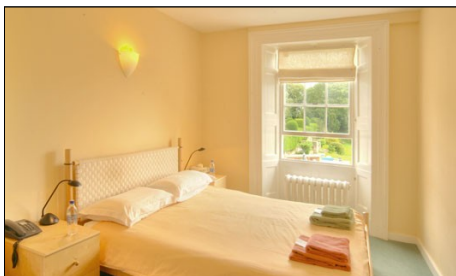
Price dependent on room type.

Single supplement £25 per person per night.

All meals & tuition are included.



During your time at Croydon Hall you will be able to explore and enjoy the beautiful grounds or even relax and unwind by booking a spa session.



Guest Rooms

All the bedrooms at Croydon hall are simple, fresh and clean with individual tea and coffee making facilities. Most rooms have lush green rural views over the extensive formal gardens, the Quantock Hills and the Park. Rooms have various unique features such as stained glass, dormer windows and skylights.

Mindfulness practices are easy to learn, and are highly effective in managing mood states and increasing well-being, as demonstrated by over 300 research studies. However, regular engagement with the practices is necessary in order to make Mindfulness a way of life and to reap its long-term benefits.

Mindfulness can also be particularly challenging for people currently suffering from acute depression or anxiety. For these reasons, it may not be suitable for everyone. If you are in any doubt, please speak to the course leader before you book.

Embracing the change...

For many women, approaching and going through the menopause can be both challenging and a liberating experience, as we come to terms with changes in our bodies and emotions, the roles we play in life and the ways in which we define ourselves. In our contemporary Western culture, we allow ourselves little time for rest, reflection and celebration of this important phase in life's journey.

Building on a framework of Mindfulness meditation practice, storytelling and image work, creative writing and artwork, sound and movement, we will look at ways of:

Loving and accepting your body: relaxing, centering and staying present with body sensations and symptoms of menopause.

Managing your mood: working mindfully with thoughts and emotions

Nurturing yourself: developing self-compassion, mindful self-care, simple stretches

Increasing enjoyment and appreciation in day to day life

Developing a Mindful first aid kit: simple strategies to help you 'weather the storm' and stay stable in challenging times

Exploring who you are now: Letting go of the past, accepting the present, embracing the future.

Celebrating the Journey in the company of like-minded women : wisdom, maturity and

DAY ONE: Friday 16 March

5pm	Check In
7pm—8pm	Dinner
8pm—9.30pm	Session 1

Welcome and start of the journey: sharing experiences of peri-menopause and menopause. Where am I now? Tuning in, focusing and spontaneous imagework exercise. Settling and stabilising: Mindfulness of the breath.

DAY TWO: Saturday 17 March

8am – 9am	Breakfast
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9.30am—1pm	Session 2
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Gathering our resources, building stability: Mindfulness practices to develop calm, relaxed and centred awareness of body, breath, thoughts and feelings. Mindful yoga for stamina, flexibility and stress release.

Meditation: cultivating compassion and self acceptance towards ourselves and our experience. Time outdoors: Tuning into our senses and the natural world; building enjoyment and appreciation in daily life.

1pm—2pm	Lunch
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2pm—5pm	Session 3
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Who am I now? Focusing exercise in pairs.

The Heronine's Journey: the story of Inanna. My personal journey: reflection and storytelling.

Artwork session: creating a personal mandala or talisman.

5pm—7pm	Free time
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7pm—8pm	Dinner
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8.30—9.30pm	Session 4
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Self nurturing and self expression: Exploring the healing power of resonant sound. Free movement session.

DAY THREE: Sunday 18 March

8am—9am	Breakfast
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9am—12pm	Session 5
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The journey of Inanna celebration: letting go of who we have been, celebrating who we are becoming. Farewells, questions and feedback.

1pm—2pm	Lunch
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2pm	Check out
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