

A simple meditation practice

*Try this short mindful breathing meditation every day for a week
- let me know how you get on with it..*

*Sit down comfortably in a quiet place where you will not be disturbed
for 5 or 10 minutes. Place your hand over your heart (this is the gesture of self-
compassion, reminding that we're not just training our mind in
attention but our attitude in kindness and non-judging), become aware
of the fact that you're breathing:*

**I am breathing in
I am breathing out**

In... Out

Deep... Slow

Calm... Ease

Smile... Release

Present Moment

Wonderful Moment

*When we practice like this we bring our mind and body together and come
home to ourselves, creating a sense of peace as Thich Nhat Hanh says:*

"If we know how to breath mindfully, every breath will bring us happiness."

Your very welcome to a class to practice this with me

- is much easier to practice in a group

Testimonials

10/10 - "Six weeks ago 'Mindfulness' was an unknown to me. Six weeks later I now have an understanding of mindfulness and, while I'm no expert, I've enjoyed the opportunity to explore meditation and put it into practice and intend to try and continue with this. Thank you to Bridgeen for the support and understanding during our course."
Gerry, Belfast

"I completed the MBSR course with Bridgeen earlier this year- I wasn't sure what to expect but was searching for something to help find my way again after a difficult period in my life. The course was life-changing, truly. Each week the programme built on what we had learned the previous week, and Bridgeen was so supportive, passionate and non-judgemental, creating a very safe space with like-minded people. Very much looking forward to taking part in more courses with Bridgeen in 2019. Highly recommend, you won't regret it." Gemma

"I would strongly recommend Bridgeen's MBSR 8 week course, Namaste classes and MSC workshop.... totally life changing! Bridgeen is an amazing, warm teacher and a true inspiration!! Absolutely love everything she does!!" Fiona

"Bridgeen is an excellent teacher and a lovely person. She makes everyone very welcome with her open and friendly attitude, her classes changed my life for the better and I highly recommend them. Breathe and enjoy, you won't regret it." Peter

Mindfulness & self compassion practices have enriched my life in immeasurable ways. I have met countless wonderful people through studying and teaching mindfulness. I really enjoy teaching and sharing it with others. Teaching is a vocation rather than a job for me. I feel really lucky and grateful to have found this practice. I'm deeply grateful for all those who come to practice together.

BREATHE IN

WINTER PROGRAM



immeasurable
minds

Come follow my journey:

immeasurableminds.co.uk



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BREATHE OUT

“Stopping, Calming, Resting, Healing”



Bridgeen began teaching mindfulness from home in 2007. She teaches mindfulness, meditation, self-compassion, stress reduction, happiness practices and wellbeing. She advocates mindfulness and self-compassion practices in daily life saying 'start where you are'.

Bridgeen has a Masters in Mindfulness Based Approaches (MSc) from Bangor University, Wales. She is the only accredited and trained Mindful Self-Compassion (MSC) Teacher in Northern Ireland. She is a qualified yoga teacher (YFNI) and a fan of the 'slow down' movement. You can watch her 2014 TEDx talk on the 'Miracle of Mindfulness' on YouTube.

As well as studying mindfulness academically, since 2005 Bridgeen has also studied extensively with the international Plum Village community, founded by Thich That Hanh. She organised to bring Thay to Stormont in April 2012. She is a member of the Order of Interbeing with the dharma name: True Profound Happiness.

Bridgeen is Centra's Mindfulness Ambassador and works with lots of local organisations such as TESCO, Lighthouse, and the Health and Social Care Agency (HSC) bringing mindfulness practices to the workplace. You can read more about Bridgeen, the classes she offers and organisations she has worked for on www.immeasurableminds.co.uk

Stress Less, Accomplish More

Get a fresh start this new year and start 2019 with your personal wellbeing as a priority- Join me for one or more of these NEW classes and workshops:

January 2019

- Thu 10** **Namaste mindfulness practice class**
The original, most popular class, still going over 10 years!
- Sun 13** **Namaste New Year Special Mindful Self-Compassion Workshop**
New Year, New Mindset. This workshop will help get your head set for 2019.
- Sun 20** **New Year Special Mindful Self-Compassion Workshop**
Get your head and heart right for new year ahead.
- Tue 22** **8-week Mindful Self-Compassion (MSC)**
If you really want to practice self-care and learn how to love yourself and others well, this course is a must.
- Wed 23** **8-week Mindfulness for life (MBSR & MBCT combined course)**
This course changes lives. Highly recommended for anyone who wants to learn about the power of mindfulness.
- Sat/Sun 25-26** **New Year Retreat: Mindfully envision 2019**
Make 2019 your best year yet, this retreat is fun, refreshing and life-enhancing.

February 2019

- Sat 23** **Mindful Self-Compassion Luxury Retreat at the Culloden Hotel**
A luxury retreat day - go on treat yourself and someone you love
- Sun 17** **Self-Love Special Workshop, Namaste**
It's all about love this month, lets do some practices for 'real love'

For all times, locations & price go to: immeasurableminds.co.uk/classes

“Mindfulness is a way of being and a way of life. It is not quick fix tool or technique, though I will teach you ways that the practice will benefit you straight away in the midst of daily life.”