



immeasurable minds



If you want to learn new techniques for coping with stress in the workplace or at home, manage anxiety, depression or improve your concentration, energy levels and enjoyment of life, mindfulness is an invaluable tool.



Bridgeen Rea, Mindfulness Teacher

The scientific and medical evidence is hard to ignore: mindfulness meditation has a hugely positive impact on mental and physical wellbeing - everyone can benefit from learning the techniques. Effects of developing mindfulness include:

- Lasting decreases in physical and psychological symptoms.
- An increased ability to relax.
- Reductions in pain levels and an enhanced ability to cope with pain that may not go away.
- Greater energy and enthusiasm for life.
- Improved self-esteem.
- An ability to cope more effectively with both short and long-term stressful situations.
- Enhanced interpersonal relationships.
- Increased ability to manage anxiety and depression and/or low mood.
- Reduced tension.
- Better sleep.
- Greater sense of meaning and purpose in life.

Become happier, experience more ease and joy through the practice of mindfulness.

About the Teacher

Bridgeen Rea, Mindfulness Teacher has been practising mindfulness for 10 years and has spent four years studying for a Masters in Mindfulness Based Approaches at Bangor University in Wales - the top centre to study mindfulness in the UK. Mindfulness practice has taught Bridgeen how to stay calm in the midst of stormy emotions and events outside of her control. It has also enabled her to have many happy moments of true happiness and contentment. Bridgeen offers a number of different classes, workshops and events from six week introductory courses, retreats and the famous eight week mindfulness based stress reduction course (MBSR). Tailored courses for business (techniques for dealing with workplace stress), mindfulness in schools (the .b programme) and one-to-one mindfulness coaching are also available.



Matt from Ballymena said: "This is a really worthwhile course! I used the programme for stress management and self care. It has taught me to be more aware, grounded and in control of stressful situations. It armed me with knowledge and skills that have changed my life."

To find out more call: 079 8162 3566
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