

Could mindfulness help you?

Free 6 week Mindfulness & Movement Course

For women & girls affected by ASC - Mums, daughters, aunts, grandmas, sisters

- Research has shown that Mindfulness Based Stress Reduction, a therapeutic meditation that focuses on breathing to pay attention to the here and now, reduces worry about the future and the stress, anxiety and depression that can follow.
- It has emerged as beneficial for some people with challenges including anxiety, autism spectrum disorders, depression and stress.
- Comparing the benefits of mindfulness versus positive psychology, found that while both treatments resulted in significant reductions in stress, depression, and anxiety, and improved sleep and life satisfaction, mothers who practiced mindfulness had greater improvements during treatment.
- Encouraging caregivers to "put on the oxygen mask first." It stands to reason that calmer, happier mums (and dads) make for better, more patient parents, which in turn makes for calmer, happier kids, regardless of their greater needs.
- This is a research study to gather evidence to support further funding to provide a service for women and girls on the spectrum and their carers/parents.



You are invited to find out more by attending an open day

Wednesday 25th February 10.30-12.30 & Thursday 26th February 1.15 – 2.45 pm

Heald Green Village Hall, Outwood Road, Heald Green SK8 3JL

We will be offering a FREE mindfulness taster session during the morning and afternoon + tea/coffee/cake

Tel or text 0757 877 5550 Email kay@yoga2calm.co.uk