

# Modelling Mindfulness



Thu 26th Apr. 2018 | 19:30 to 21:15  
Fleetville Junior School (Main Hall), 228 Hatfield Road, St Albans AL1 4LW  
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*Pain is inevitable, suffering is optional* ~ Haruki Murakami

As a Mindfulness teacher, I hear many parents say to me 'we have to sort out Mindfulness for the kids they are so stressed'.

Meanwhile, they look at me, stressed, strung out and full to the brim. Now a person's life-load isn't easily solved, but can we alleviate the pressures we add on ourselves?

Mindfulness training will help.

This session will bust the myths, explain the neuroscience and deliver some research-based practical exercises you can do for yourself and with your children to start integrating Mindfulness into your life and model mindful behaviour. As many of you know, the best way to educate your children is to model by example.

We'll also do some meditating and exercises together as well as reflecting on how we can practically take this forward. It's the old adage - 'put on your own oxygen mask before helping others'. By training in a restorative practice like this, we can ultimately have more to give ourselves and family too. Come along and explore this evidence-based practice and see what works for you.

## Who is the talk for?

Parents of children of all ages.

## What will people gain?

- an insight into the neuroscience behind Mindfulness
- a practical understanding of Mindfulness
- ways to reflect on our own behaviour to positively influence children
- exercises and practices to start integrating the practice into your life
- tips and guidance to take away

## About our speaker

Ruth is the Founder & Mindfulness Teacher at Mindful Pathway, an organisation training the public and workplace employees in Mindfulness meditation and mindful living to enable people to have happier, more fulfilled lives that are rooted in the present moment.

Ruth finished her Diploma in Mindfulness Teaching with the ELK Health Foundation following extensive supervision in 2015 and does her continuing professional development with Oxford University at the Oxford Mindfulness Centre.