

Christian Mindfulness

Six Session Online Course

Exploring Mindfulness From A Christian Perspective

“I recommend it highly” Rev. Shaun Lambert, Author of A Book of Sparks: A Study in Christian Mindfulness.

“This Christian approach is most helpful. It will be of benefit to many people” Rob Waller, Consultant Psychiatrist and Director of Mind and Soul.

“As a counsellor and pastor in a busy Church I find this tool particularly helpful.” David Thomson, Associate Pastor and Board Member of the Association of Christian Counsellors.

Prayer, Meditation and Mindfulness is available as a Six Session Online Course. Each session is in the form of a video presentation including slides, visuals, biblical content, guided self-awareness and God awareness meditations, questions for reflection and a suggested weekly meditation programme. The course can contribute up to 20 hours CPD.

The sessions available are as follows -

FREE Introductory Online Session - Christian Mindfulness

Session 1 - Are You Living On AutoPilot?

Session 2 - Mindfulness Of Body, Soul And Spirit

Session 3 - Do You Believe What You Think?

Session 4 - Moving Through Life's Challenges

Session 5 - The Life Transforming Power Of Kindness

Session 6 - A Thankful And Contemplative Life

For More Information and a Free
Online Session see the website...



www.christianmindfulness.co.uk