



RGS Mindfulness Drop-in Sessions for Parents and Staff 2019-2020

*A new and exciting series of 10 Mindfulness sessions
Come to as many or as few of the sessions as you wish*

We are pleased to announce that we will be running a new series of 10 Mindfulness Drop-in Sessions for both parents and staff, following on from very successful courses for both parents and staff in 2018 and 2019.

This course comprises of 10 Drop-in Sessions each of which is self-contained, so they are suitable for those who are curious to learn more about what RGS students are doing in their Dot Be classes, or those completely new to Mindfulness as well as those who have attended previous courses or have an existing meditation practice. You can come to as few or as many sessions as you choose as each session is booked separately.

If you are interested here's what you need to do:

- There will be a cost of £5 per session to attend- please book onto the sessions you wish to attend via the "RGS Little Box Office" by using the icon on the top right hand corner of the RGS website or using the following link – [Little Box Office](#)
- Come along on the appropriate date and time to the Upper Library.
- If you have any further questions please contact mindfulness@rgshw.com and ajz@rgshw.com

Warm wishes.

Andrew Zair

Session Title	Dates/Times All Session are in the Upper Library
What is Dot be and why is RGS teaching this to students?	Thursday 12 th September 18:30-20:00 OR Tuesday 24 th September 16:00- 17:30
What is Mindfulness	Thursday 10 th October 18:30-20:00 OR Tuesday 22 nd October 16:00-17:30
Awareness and Automatic Pilot	Monday 18 November 18:30-20:00 OR Monday 25 th November 16:00- 17:30
Keeping the Body in Mind	Thursday 23 rd January 18:30-20:00 OR Tuesday 28 th January 16:00-17:30

Gathering the Scattered Mind	Tuesday 11 th February 18:30-20:00 OR Monday 24 th February 16:00-17:30
Recognising Reactivity	Monday 9 th March 18:30-20:00 OR Tuesday 24 th March 16:00-17:30
Allowing and Letting Be	Monday 30 th March 18:30-20:00 OR Tuesday 21 st April 16:00-17:30
Responding Skilfully	Thursday 7 th May 18:30-20:00 OR Thursday 21 st May 16:00-17:30
How can I best take care of myself?	Thursday 11 th June 18:30-20:00 OR Tuesday 23 rd June 16:00-17:30
Mindfulness for Life	Thursday 2 nd July 18:30-20:00 OR Tuesday 7 th July 16:00-17:30