

## RGS 6th Form Mindfulness Course

A course of Mindfulness Training –  
using neuroscience to manage stress and promote resilience

8 Weeks: *Autumn term 1<sup>st</sup> October - 27th November 2018*  
(no class during half-term week)

*Venue: Upper Library 4pm - 5:30pm*

*Dates: October 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> (half term), Tuesday 30<sup>th</sup> November 6<sup>th</sup>, 13<sup>th</sup>, Monday 19<sup>th</sup>, 27<sup>th</sup>*

*There will be a cost of £60 per person to attend (public courses cost c. £200-£300!).  
Please contact in confidence if the cost of this would be a problem. Places are limited.*

Contact: Andrew Zair (email: [ajz@rgshw.com](mailto:ajz@rgshw.com))

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We are pleased to announce that we will be running an 8 Week Mindfulness MBCT Course for 6th Formers next term, following on from a very successful course in 2017.

This course is exclusively available to boys in the 6th Form at RGS, although may be opened up to Wycombe High pending uptake. It is suitable for those completely new to Mindfulness as well as those who have attended previous courses or have an existing meditation practice. This course is an opportunity for personal development and is intended to support you by promoting well-being, resilience and performance.

[If you are interested here's what you need to do:](#)

- [Read the accompanying information.](#)
- [If you are still interested in attending, please send expressions of interest to Mr Zair via email \[ajz@rgshw.com\]\(mailto:ajz@rgshw.com\)](#)
- [We will have a short meeting \(at a time convenient to you\) to answer any questions you may have and to make sure that this is the right time and the right course for you.](#)

Warm wishes

Mr Zair, Head of Year 8  
Mrs Firth, School Counsellor (Supervisor)

