



Zen Meditation and Mindfulness for Wellbeing Course, plus the Tea Experience

Group Class

*“We believe Zen is for everyone.
We try to make it accessible, useful, and potentially life-changing.
Enlightenment is achievable right here within the stresses and busyness of modern life.”
Zenways*

Course Objectives:

A Zen meditation course isn't just about learning to meditate, it also embraces positivity towards our mindfulness for wellbeing.

Within this eight week beginners course we will :-

- ❖ Learn to practise the different techniques of Zen meditation (non-religious).
- ❖ Understand the benefits of a good meditation practice.
- ❖ Explore supporting topics to promote mindfulness for wellbeing.
- ❖ Enjoy a different delicious tea experience each week.

Course Agenda:

As well as understanding and practising our weekly meditation the below Mindfulness for Wellbeing topics are explored to promote greater life clarity.

- ❖ Week 1 - Familiarisation of the basic techniques of meditation.
- ❖ Week 2 - The effects of stress and how to recognise where it comes from.
- ❖ Week 3 - Managing pain and understanding the importance of mindfulness.
- ❖ Week 4 - How to adopt a compassionate approach towards emotional pain.
- ❖ Week 5 - Our relationship towards 'role stress' and time pressure.
- ❖ Week 6 - Taking care of ourselves with a solid Zen meditation practise.
- ❖ Week 7 - Evaluating the functional importance of meditation.
- ❖ Week 8 - How a continuing Zen practise maintains life wellbeing moving forward.



Course Requirements:

Open to anyone who wishes to learn and experience the benefits of meditation.

A meditation practise of thirty minutes per day is required to fully benefit from the course.

We understand it's a commitment of time within our busy lifestyles but after eight weeks, our lifestyle prospective will focus on the mindfulness realisation that taking good care of ourselves will result in greater wellbeing.

If you feel you would find it difficult to meditate using cushions on the floor please be advised that seated meditation on a chair is an alternative.

Course Tutor:

Daniel Marshall will be taking this course.

Daniel spent sixteen years heading up a worldwide training department for an international cosmetics company. With this busy and demanding role Daniel turned to meditation to provide coping strategies and to help improve his overall quality of life.

Daniel first learnt meditation at the Cambridge Buddhist Centre and after several years of practise he undertook a Zen meditation teaching training course with Zenways.

His wish now is to help others experience the many benefits of meditation.

Group Class Course Fees:

£72.00 total fee for eight lessons, to be paid in full before course commencement.
This works out to be £9.00 per lesson.

Course Schedule:

This eight week course will be held each Thursday starting on 22nd February with the last day being 12th April. The class will begin at 18.30 and will finish at 20.30 each week.

Group Class Course Venue:

Woolpit Complementary
Old Stowmarket Rd, Woolpit, Bury Saint Edmunds, Suffolk. IP30 9QS
Telephone: 01359 408 011

Available Spaces and Booking:

The course is both friendly and relaxed with seven places available so booking is essential.

Please call either Woolpit Complementary or Daniel on 07443 641 722 if you have any questions and/or to book your place on the course.

Please be advised as part of Zenways continued teacher development, this course has been selected for filming. Don't worry, the small camera will be pointed at Daniel only, however the microphone may pick up your voice during the discussions. At no point will the filming be used for any other reason apart from assessing Daniel's teachings.



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One - To - One

Daniel also offers the course on a one to one basis for those looking for an individual approach to learning Zen Meditation and Mindfulness for Wellbeing.

This hour lesson will consist of :-

- ❖ 30 Minutes: Zen Meditation learnings and practise.
- ❖ 30 Minutes: Mindfulness for Wellbeing topics.

The eight topics within the course will follow the same agenda and will be scheduled within ongoing convenient appointments.

One - To - One Course Fees:

£40.00 per one hour lesson.

One - To - One Lesson Venues:

DSM Clinic Barrow
37 The Green, Barrow, Bury St. Edmunds, Suffolk. IP29 5AA
Telephone: 07443 641 722

Woolpit Complementary
Old Stowmarket Rd, Woolpit, Bury Saint Edmunds, Suffolk. IP30 9QS
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