



**A PRACTICE DAY OF MINDFULNESS  
LED BY  
PADDY RAFFERTY & CHRISTINA SHENNAN  
FOR THERAPISTS AND HEALTHCARE  
PROFESSIONALS WHO HAVE ATTENDED AN  
EIGHT WEEK COURSE**

**FRIENDS' MEETING HOUSE ,  
6 MOUNT STREET,  
MANCHESTER  
M2 5NS**

**10:00 am – 4:00 pm**

**Saturday 16 December 2017**

**About the team: Paddy is a Bangor Certified  
Mindfulness Teacher and Christina is a Bangor  
Mindfulness Teacher, Trainer and Supervisor**

**For further information or to book your place  
please contact Paddy on 07517 658459 or  
through e-mail at  
[paddy-rafferty@hotmail.com](mailto:paddy-rafferty@hotmail.com)**

*“In order to be deeply present, in order to truly listen, we need a way to calm the mind. This is in fact what mindfulness is about, and part of what meditation is about. Meditation is simply a process by which we calm the mind, or more precisely, allow the mind to calm itself, without our forcing it. This takes a little time and a little practice. Our minds are extraordinary busy places, as we learn the first time we meditate. If we cannot develop a calm, clear mind while we are sitting in meditation, how can we expect to have one in daily life? How can we expect to suddenly have this when we listen to patients? But if we can establish a base of mindfulness in meditation, we can then begin to learn how to bring the same calm, clear awareness out into our life and into our work”. (Bien 2006)*

**COST: £30  
(REFRESHMENTS AND  
BISCUITS PROVIDED –  
PLEASE BRING A PACKED  
LUNCH)**

**SOME FEEDBACK FROM  
PREVIOUS PRACTICE DAYS:**

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The coming together of like-minded people who have all been willing to engage in the practices of mindfulness. A sense of being part of something great!

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The practice day afforded me respite from a busy mind. The practice was restorative. I felt a sense of renewed energy and totality at the end of the practice. Thank you. I was very pleased with the way in which the practice was varied and stimulating. It was very well balanced between silences and speaking

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I enjoyed the silence side of the practice day. I wondered how challenging it might be but I found it enjoyable and I felt comfortable with it. It slowed down a pace of all activities and brought an attention to details around me and within me. Eating in silence showed me connectedness of people in the room without words. I thoroughly enjoyed the day.