



CAM ACADEMY TRUST COURSE INFORMATION

Course Title	Mindfulness Retreat				
Course Description	<p>A wonderful workshop to re-fresh and charge up your batteries. Have you lost a bit of direction? Find you are not living quite the way you want? Have you lost sight of your values and need some help to get back on track? Having trouble sleeping or feeling overwhelmed by stress at work or home? If any or all the above apply – why not try Mindfulness?</p> <p>The Mindfulness Retreat is a great way to get started with mindfulness – the scientifically proven way to reduce stress and anxiety and learn how to calm and refocus your mind. For anyone already experienced in mindful meditation, the workshop will give a boost to your practice and provide an opportunity to deepen your commitment.</p>				
Start Date	1 st Oct 2022 15 th Oct 2022 18 th Mar 2023	Day & Time	Saturday 10:00-16:00	Venue	Comberton VC Melbourn VC Cambourne VC
Tutor Details	<p>Alex is a mindfulness teacher and coach with over 12 years' experience. She trained with Mindfulness UK (CPCAB), Mindfulness in Schools Programme and Mindful Families and works using the Good Practice Guidelines for Teachers as set out by the British Association of Mindfulness Based Approaches (BAMBA). She offers group courses, workshops and 1:1 sessions. For more information and to have a chat before the course starts please contact her at: alex@alexmurdochmindfulness.co.uk</p>				
No. of wks	1	Terms	1		
Fee	£45	Concessionary Fee	£34		
Course Level:	Mixed ability			x	
	Level 1, Level 2 (equiv. to GCSE / NVQ2)				
	Level 3 Equivalent GCE A Level				
Skills or qualifications needed for entry into the class		<p>The Retreat is suitable for beginners and for more experienced practitioners. Mindfulness may not be suitable for those who are experiencing acute distress from recent trauma, illness or loss. If you have any questions or concerns please contact me directly alex@alexmurdochmindfulness.co.uk</p>			
Course aims & objectives					
<p>During the workshop we will work with the issues, needs and desires of the group through meditation, breathing, mindful movement and loving kindness – helping you to reset, heal and bring back a sense of connectedness and equanimity.</p>					

This will be a warm and inspiring day – where you will learn new skills, meet lovely people and leave feeling refreshed and rejuvenated.

Progression – after this course what might you do next?

Mindfulness Based Stress Reduction (MBSR) – Gold standard 8 week Mindfulness course
Mindfulness & Compassion – hour long, 8 week course to maintain and develop personal practice
Mindful Parenting Course – 6 weeks. Aimed at all parents & carers new and experienced.
Mindfulness for Anxiety & Panic – Bespoke course for individuals and small groups.
1:1 Mindfulness sessions.
For information about any of these contact Alex at alex@alexmurdochmindfulness.co.uk

How progress & success will be recorded

Self-assessment using a scale to rate levels of stress at the beginning and end of the course.

Materials/equipment required for first class

The day will run from 10am – 4pm with regular breaks and lunch from 1pm- 1.45pm. Tea and coffee provided, please bring your own lunch and water.

If you have a yoga mat please bring that along with you. A blanket and small pillow would also be useful.

Contact for further information

Adult Education: 01223 264721
commed@catrust.co.uk

Enrolment and Payment

Please enrol at Comberton Village College for all courses, including those in Cambourne, Melbourn and online. **Please assume the class is running once payment has been received, unless you hear to the contrary.**

Phone: 01223 264721
Email: commed@combertonvc.org
Cheques: The Cam Academy Trust
Address: Adult Education, Comberton Village College
Comberton, Cambridge, CB23 7DU

Refunds

Refunds are only available if we close a class or you withdraw at least two weeks before the start. In the latter case there is a £5 administrative charge. Classes cancelled by us due to unforeseen circumstances (e.g. tutor illness/snow) will be replaced with an extra class at the end.

Concessionary Fees

25% discount (excluding materials) is available for those in receipt of JSA/ESA, Universal Credit, Carers Allowance or a social care assessment (EHCP, PIP) evidence to be provided. It is also possible to pay by instalments, please ask for details.

Equalities statement

We are fully committed to equality of opportunity and welcome enrolments from all adults aged 19+ (on 31 August 2022). We positively encourage all learners with any concerns about specific needs which might affect their learning to discuss their requirements with us in confidence. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a community based on mutual trust and respect. We will do our best to ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all learners can access activities.

Cambridgeshire County Council, Adult Learning and Skills service supports a wide range of other adult learning opportunities across Cambridgeshire to support adults with the lowest level of qualifications or no qualification at all, and so typically find themselves in lower paid, less secure jobs or unemployed. Search our website **www.cambsals.co.uk** for details of all our funded courses.

Safeguarding Statement

Arrangements have been made to make sure that you are safe at our Centres. If you feel you are not safe for any reason, for example through verbal or physical abuse or you have been discriminated against, please tell your tutor or the Centre Manager, who will investigate to ensure your safety.

How we use your data

<https://www.gov.uk/government/publications/esfa-privacy-notice>