

## **"If I have made any valuable discoveries it has been owing more to patient attention than any other talent"**

Sir Isaac Newton

One of our most valuable lessons is the art of living with patient attention amidst our busy, modern lives. By pausing from the constant stream of our thoughts and emotions and the never ending lists of things to do, responsibilities, desires...we can live with more awareness, appreciation and understanding.

Taking time each day to live in the moment, manage our experiences and choose our responses supports well-being now and for the future. Living in this way also demonstrates approaches many students might otherwise not know exists.

The Know Your Mind course is an opportunity to have time for you. To discover living with more patient attention in your own life with the option to train to teach your students. Mindfulness can improve resilience, self-esteem and empathy and aid mental, emotional and physical wellbeing for all ages.

## **"Knowing others is wisdom, knowing yourself is Enlightenment"**

Loa Tzu



The course is tailored for education and builds week-by-week developing an understanding of how our habits, thoughts, emotions, attitudes and lifestyle choices impact on our life and how we can work with them.

The sessions are designed to be enjoyable, practical and applicable regardless of age and circumstance. 6 consecutive weeks. 2 hours a week.

For more information and reviews visit:

[www.mudandlotus.co.uk](http://www.mudandlotus.co.uk)

## **"I dream of things that never were and I ask "Why not?!"?"**

George Bernard Shaw

