

Course Leader - Sarah Delfont

Sarah has worked as an Oncology Support Specialist at the Royal Devon and Exeter Hospital since 2004 and is an experienced counsellor.

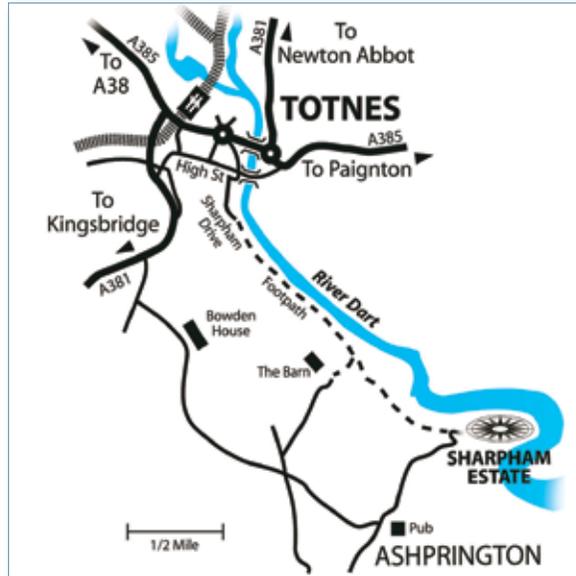
She has studied Mindfulness Based Stress Reduction (MBSR) at Sharpham and through Bangor University. She has facilitated mindfulness courses independently and integrates it in her work with clients and staff. She has practised meditation over many years.

Course Leader - Duncan Moss

Duncan is an experienced clinical psychologist based at the university of Plymouth who has had training in mindfulness-based therapies. He facilitates mindfulness courses and workshops with staff and service users in education, medical and the health services. He has practised meditation for many years.

Cost for the four-day course is £360 per participant.

The Sharpham Trust is offering concessions for this course to people working in the voluntary sector and healthcare professions. They are available on application.



How to get to Sharpham

Totnes (10 mins by taxi) is easily reached from London and other major cities. It is on the London-Penzance main line between Exeter and Plymouth.

From Totnes take the A381 towards Kingsbridge. Shortly after leaving the built-up area of Totnes turn left to Ashprington (about 2 miles).

When you reach the Durant Arms pub in Ashprington village turn left (marked "no through road") up on to the Sharpham Estate and continue down the drive and follow signs for Sharpham House. Please travel at 20mph through village and on estate.

The Sharpham Trust

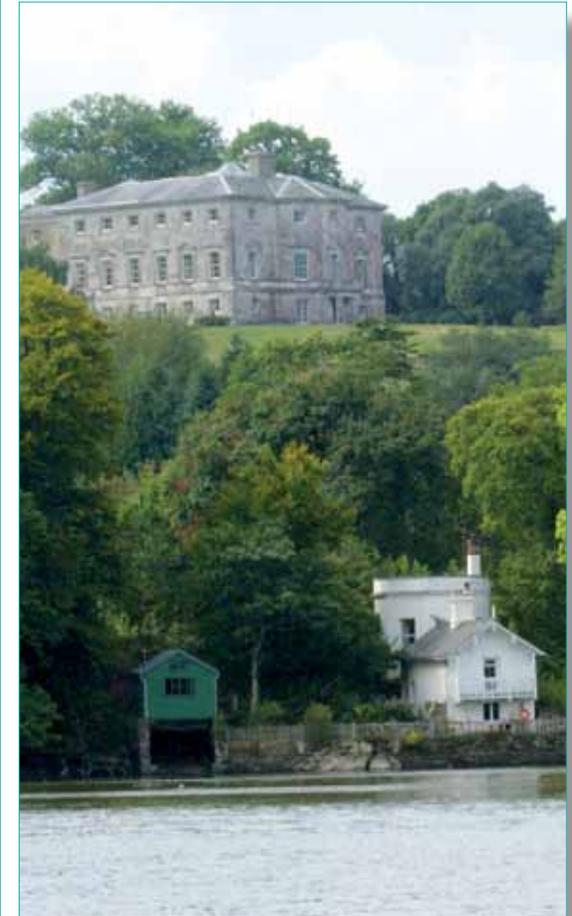
As well as maintaining the house and estate for public benefit, the Trust supports a wide programme of charitable activities.

The Sharpham Programme brings together all the charitable activities that we offer through courses, talks, retreats and activities. These aim to help us to experience and explore ways to live more sustainably and meaningfully in our world.

Sustaining Ourselves Through Mindfulness

5-8 Sept 2013

Balancing doing with being



The Sharpham Trust
Sharpham House, Ashprington,
Totnes, TQ9 7UT

A four-day residential course at Sharpham House



Who is this course for?

This course is for you if you are in need of rest, renewal, reflection and inspiration and would like to learn to sustain yourself in daily life.

What will I learn?

You will learn mindfulness techniques and how to apply them afterwards.

The course integrates mindfulness practice with time to step out of the competing demands of life, allowing your creative inner resources to regain momentum. There will be time for discussion and personal reflection.

You will stay in Sharpham House overlooking the river Dart with the opportunity for walks and creative time including the possibilities of writing, photography, and painting. There is also the opportunity to take part in a canoe trip (weather and tide dependent).



What will Mindfulness teach me?

Mindfulness is a practice of meditative awareness of the present moment - awareness of our body, thought and feelings.

Mindfulness practice helps us:

- ❖ To define and clarify our core values
- ❖ To manage stress skillfully and avoid burnout
- ❖ To move from 'automatic pilot' - dwelling in the past, worrying about the future – to recognizing the positive choices we can make in the present
- ❖ To bring more compassion into our life



"This course was nourishing, tender, accepting, fun, informative, friendly, sustaining. Exceptional teaching from Duncan (Moss) and Sarah (Delfont)."

"I've found this course very useful particularly in sharpening up my noticing skills."

"Great facilitators, both kind, gentle and warm."

"Lots of ideas and practical strategies that I can incorporate into my busy work."

"This will be so useful for me to calm my own patients in stressful situations."