

## Mindfulness at Sharpham

Here at Sharpham, we can help introduce you to mindfulness - or deepen your existing practice.



For more than 35 years, we've been helping people to understand and apply mindfulness to their daily lives.

We do that in a breath-taking and tranquil setting, where you can be embraced by nature, helping you to restore and reconnect with yourself.

*“Welcome to the practice of mindfulness.*

*You may not know it but if you're coming to the systematic cultivation of mindfulness for the first time, you may very well be on the threshold of a momentous shift in your life, something subtle and, at the same time, potentially huge and important, which just might change your life”*

Jon Kabat-Zinn – Mindfulness for Beginners

## Mindfulness close to nature at Sharpham

Our vision is to build a more mindful, compassionate and environmentally-sustainable world.

In Sharpham's peaceful location, our participants find that they can really develop and deepen a meditation practice and their mindful awareness, close to nature.

We are an internationally-recognised centre for mindfulness, offering a rich programme of courses and retreats in three venues, set within a designated Area of Outstanding Natural Beauty far from the noise of traffic or city-life:

- The Barn Retreat Centre
- Sharpham House
- Sharpham's Woodland campsite



Visit us here: [www.sharphamtrust.org](http://www.sharphamtrust.org)

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## Our retreats

We offer a range of retreats and experiences – from people new to mindfulness to those experienced in meditation and the dharma.

The Barn Retreat Centre runs weekly retreats based in the Buddhist tradition, although the retreats are open to (and attended by) people who aren't Buddhist, or who have no faith.

In Sharpham House, we offer retreats linking mindfulness with walking, mindful eating and conscious cookery, yoga and creative enquiry.

We also offer mixed and women-only woodland retreats in the summer season, with the chance to experience mindfulness in nature.



## Our courses

We run a 1-Day Introduction to Mindfulness, where you can gain a safe and accessible introduction to this subject including some theory about mindfulness as well as some practical exercises including meditation, gentle movement, awareness of sensations, emotions and thoughts and tips on incorporating mindfulness to your daily life.

The 8-week course offers practices and skills to help you manage stress and enhance well-being in your daily life. It's suitable for those new to mindfulness, as well as those wishing to refresh and practice their skills.

The course is open to all and provides an in-depth exploration of mindfulness skills and techniques within a tried and tested framework recognised by the UK's National Institute of Clinical Excellence.



## Our teachers

We have qualified and nationally-respected teachers and we have links to leading authorities on the practice of and the evidence base for the benefits of mindfulness.

## Mindfulness for organisations

Many organisations are discovering the benefits of mindfulness for their employees and colleagues, helping to enhance personal well-being and resilience and creating a more sustainable working environment.

We can tailor bespoke mindfulness courses to particular groups, settings and organisations, including teachers, health care professionals, charities, social enterprises and companies. All our courses are led by experienced and trained teachers who adhere to the UK best practice guidelines for mindfulness teachers.

Contact our Programme & Development Manager Ben Ballard on [programme@sharphamtrust.org](mailto:programme@sharphamtrust.org) or **01803 731802** to discuss your requirements.

## The Sharpham Trust

The Trust is also home to Sharpham Meadow Natural Burial Ground and Sharpham Wine & Cheese. Sharpham House is a wedding venue and we hire out our Bathing House on the River Dart for holidays.

The Trust is a charity based within Sharpham House - a Grade-1 listed Georgian Palladian villa in Capability Brown parkland. It is central to the 550-acre Sharpham Estate on a three-mile stretch of the River Dart, in an Area of Outstanding Natural Beauty near Totnes, South Devon, UK.



Book your mindfulness visit to Sharpham on [bookings@sharphamtrust.org](mailto:bookings@sharphamtrust.org) & **01803 732542**

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