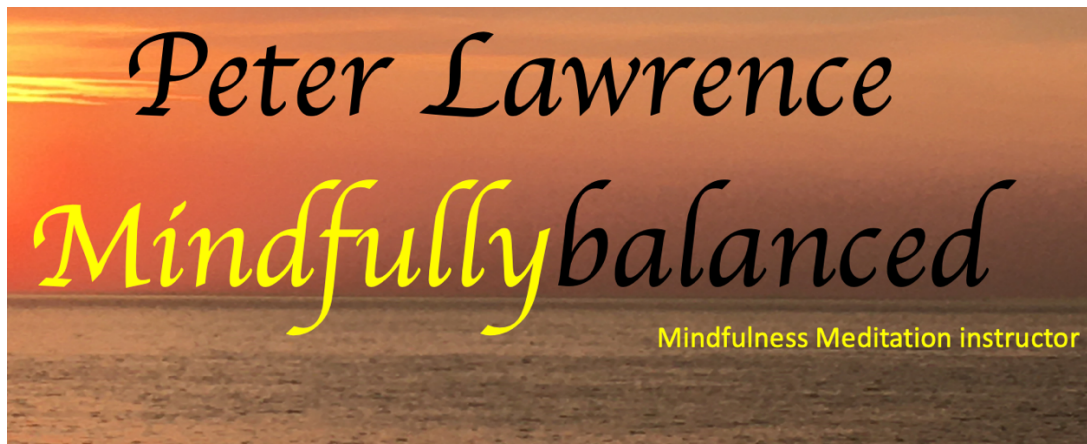


# Newsletter 9/2021



Mindfullybalanced.co.uk

Date: 17<sup>th</sup> April 2021

Contents of this newsletter:

Section 1: Update weekly sessions and a break

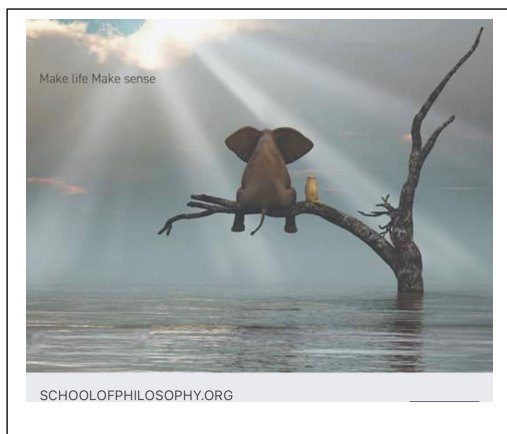
Section 2: News:

Section 3: Quick read – Research from Harvard Medical School.

## Section 1:

### Update weekly sessions and my break

**Next week's timetable is below.**



Monday 19<sup>th</sup> April - 9am and 8.30pm

Tuesday 20<sup>th</sup> April 7.30pm Movement for Cancer

Wednesday 21<sup>st</sup> April - 9am

Thursday 22<sup>nd</sup> April – 6.30pm

Friday 23<sup>rd</sup> April - 9am and 11.30am

**Please note:**

**Saturday 24<sup>th</sup> and Sunday 25<sup>th</sup> There are no sessions.**

**And there will be no sessions from:**

**Monday 26<sup>th</sup> April – until Sunday 2<sup>nd</sup> May  
I may take the 9am sessions but depends on the wifi where I'm going!**

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If you want the Zoom code for any of the session(s) you would like to attend, please contact me through my website's 'contact page'

From the last survey, Sunday mornings showed as a popular time people wanted for a mindful session, so I am offering the following as a trial:

I will run three Sunday sessions in May:

Between 10am – 11am on Sundays 9<sup>th</sup>, 16<sup>th</sup>, and 23<sup>rd</sup>

If you wish to attend, please let me know.

## Section 2:

### News

Thornton Heath Hub is now up and running and has a new name to encompass what it is about.

The Hub will now be called:

### **Thornton Heath Hub for Wellbeing and Lifestyle Management.**

Activities are still being negotiated and a flyer is being designed. When this is available, I will include it in the newsletter. The project is initially for 12 weeks, with a chance for further funding if it is successful. I feel very excited to be asked and involved in this. Yay!!

Funding for this initiative will be from 'London Sports' and 'Sport England', and is for the Croydon and Thornton Heath Communities. I have been asked to take Mindfulness Meditations for young people on Tuesday after school, from 4pm – 4.45pm as well as for 18+ from 5pm on Tuesdays, Mindful Movements for Cancer at 7.30pm on Tuesdays and Start the Week morning meditations for all.

These courses have now started and if you wish to attend, please contact me through my contact page on my website. There will be pre and post questionnaires to complete to show the impact of these sessions, as with all the other activities, which will be fed back to the funders.



*'These sessions have helped with my arthritic pain in my neck so much that I am now pain free'! JW 2020*

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**The MiSP (Mindfulness in Schools Project) conference on Saturday 19<sup>th</sup> June 2021, between 9.30am – 15.30, through Zoom.**

**The theme of the conference this year is ‘All inclusive’.**

This is a conference for learners, school members and those who are interested in the development of Mindfulness in Schools. I’m still waiting to hear back if I am speaking at this conference, but details are now out on some of the main speakers.

The invite reads:

‘You are invited to spend a day with experts, thought leaders and mindfulness practitioners, who will reflect on how schools can include all teachers and learners on their mindfulness journey’.

**The main speaker this year is:**

**Professor Mark Williams**  
***Who will be speaking about:  
Mindfulness and religion – can  
mindfulness include people of  
faith?***



Mark is **Emeritus Professor of Clinical Psychology and Honorary Senior Research Fellow in the Department of Psychiatry, University of Oxford**. He is a Fellow of the British Academy and the UK Academy of Medical Sciences. The main focus of his research and clinical work has been to understand how best to prevent serious clinical depression and suicide. With colleagues John Teasdale (Cambridge) and Zindel Segal (Toronto) he developed Mindfulness-based Cognitive Therapy (MBCT) for prevention of relapse and recurrence in depression, and research has now found that MBCT markedly reduces the rate of future depression in those who have suffered the most serious and persistent forms of major depression.

*“I’ve forgotten how I love to dance. I haven’t danced for such a long time, and I love it in the morning sessions. It makes me feel so happy and light” RB - March 2021*

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## Section 3:

### **Quick read – Research into the effects on the brain by continual mindfulness meditation by Sara Lazar Harvard Medical School.**

One of the classic studies on mindfulness was led by Sara Lazar (Lazar et al. 2005), an instructor at Harvard Medical School. This research found a measurable difference in the brains of people who routinely meditate compared to those who don't. Using MRI brain scans, Lazar's team found thicker regions in the frontal cortex, an area responsible for reasoning and decision-making, in those who had a consistent mindfulness practice compared to those who didn't. Additionally, she found a thicker insula, which is involved in sensing internal sensations and thought to be a critical structure in emotion perception (Lewis and Todd 2005, Singleton et al. 2014). She suggested that because the cortex and insula normally start deteriorating after age twenty, mindfulness meditation might help make up for some of the losses due to aging. In a personal communication, she told us that she believes "meditation can have a serious impact on your brain long beyond the time when you're actually sitting and meditating, and this may have a positive impact on your day-to-day living."

In 2012, Eileen Luders, an assistant professor at the UCLA Laboratory of Neuroimaging, and her colleagues conducted a study with over 100 participants and found that people who have had a long-term meditation practice showed increased "gyrification" (or folding) of the cortex, which is hypothesized to correlated with faster information processing. The more the person practices meditation, the greater the gyrification, giving us some proof of meditation's impact on neuroplasticity.

All of this supports anecdotal evidence from the real-life experiences of thousands of people we personally have worked with, who have enjoyed increased well-being, focus, and peace as a result of their practice. (*Stahl and Goldstein 2<sup>nd</sup> Edition*)

*'I've seen such a positive difference in my 14 yr old daughter with the Mindfulness for youth sessions, we have tried many interventions with no effect. If I could bottle what you do I would. Thank you so much. SP - Nov 2020*

Yay!!!

Take care everyone.

With kindness

Pete

