

THE RUBY WAX
MINDFULNESS
COURSE



Welcome.

Let's begin, shall we?

I like to think of mindfulness more as a workout for the brain.

No need to go to a gym or lift barbells, all the all the equipment you'll ever need is in your head and remember your mind is portable – it goes where you go.

Spread over six episodes, think of me as your personal trainer for you mind as I help you exercise it

On the following pages, I'll show you how to get started...

How to start.

Don't worry - I'm useless at computers too!

Firstly, please direct yourself to rubywax.net/course

(yes, you can click that link apparently.)

How to start.

What's included?

Six feature length episodes taught by me, designed to watch a week at a time in the comfort of your own home, garden or if you choose the bath! I set tasks for the week ahead to help you stay on track. I include mindfulness exercises as a means to deal with the Big Six.

Mindfulness saved me, as far as keeping me steady, and I hope it does the same for you too. It helps you hold the rudder straight, keep yourself afloat no matter how turbulent the waves, so that you come out the other end buoyant, with a new appreciation for the privilege of life.

Ruby x



Six modules including:

- An Introduction to Mindfulness
- Identifying Critical Thoughts
- Knowing Your Body
- The Power of Compassion
- Living in the Present
- Using Mindfulness in Your Everyday Life

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How to start.

THE RUBY WAX MINDFULNESS COURSE

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Ruby x



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Ruby Wax

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How to start.



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