



Ten for Zen

Free drop in mindfulness classes to help you achieve peace of mind

Mental health has been a growing concern for many years but after the pandemic it's at a critical level. Caring for your mental health has never been so important.

Well aware of the positive effects of Mindfulness from over twenty years of practice, Ten for Zen's Martin Stepek, one of Scotland's most authentic and respected teachers of Mindfulness, holds a free weekly drop in class which is open to all. There's no need to book, just come to as many or as few classes as you need:

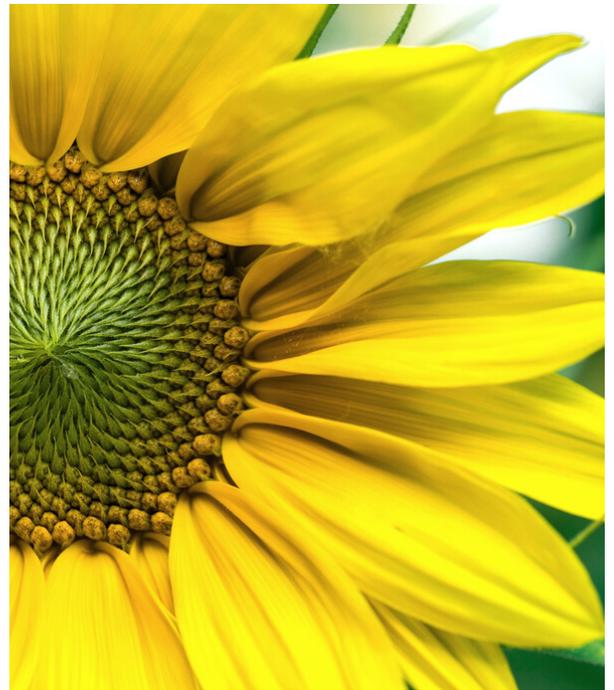
When? Every Tuesday 7-8pm

Where? University of the West of Scotland (UWS)
Lanarkshire Campus
Stephenson Place
High Blantyre
G72 0LH

What is mindfulness?

Mindfulness is about being focused on the present moment, not wrapped up in regrets, worries or frantic thoughts.

Living in the moment is widely understood to help you develop peace of mind and true happiness and mindfulness can help you be present.





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Why do mindfulness?

When we practise mindfulness we can calm our mind and this allows us to see more clearly what brings us happiness and what causes us suffering. With this awareness, we can take positive choices in everyday life.

About Ten for Zen

We are a Community Interest Company, expert in delivering authentic and life changing Mindfulness tuition.

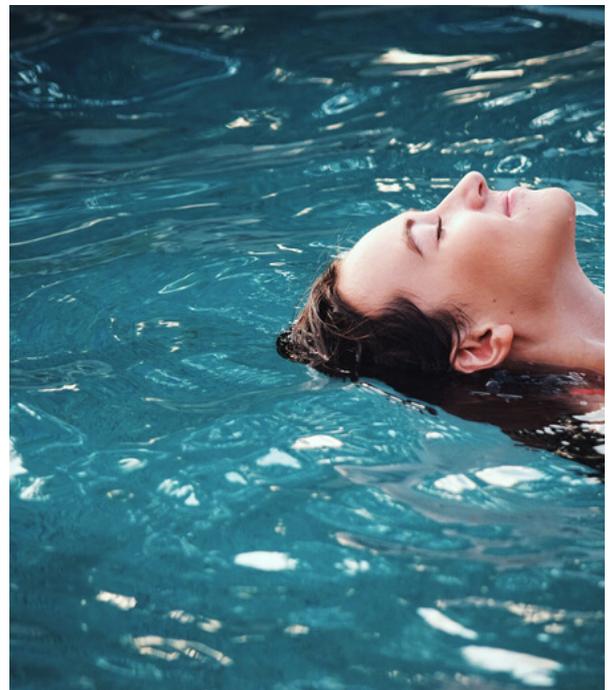
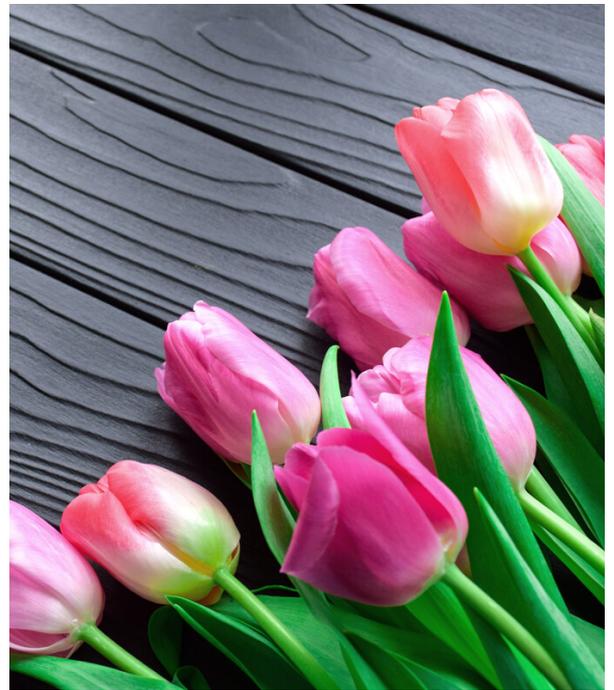
We've delivered mindfulness to many organisations across the public and third sectors, including local authorities, housing associations, health care organisations, charities and social enterprises. We have also worked in many community organisations including schools, colleges, universities, libraries and prisons and many private sector businesses too.

Feedback has always been extremely positive. See below for testimonials.

Contact

If you need more info on the drop in class, please email Martin on mstepek@hotmail.co.uk.

For all other enquires, please contact info@tenforzen.co.uk.





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Testimonials

I loved this workshop! I wasn't sure what to expect, but the combination of being shown how to practice mindfulness at the beginning and end was perfectly balanced by the gentleness and honesty of the thoughts shared in the middle. It has left me with hope that the unbearable accumulation of burdens I sometimes feel, can be dissolved away, one breath at a time. I'm sick of feeling so anxious! Thank you so much for your gentle and kind voice and words.

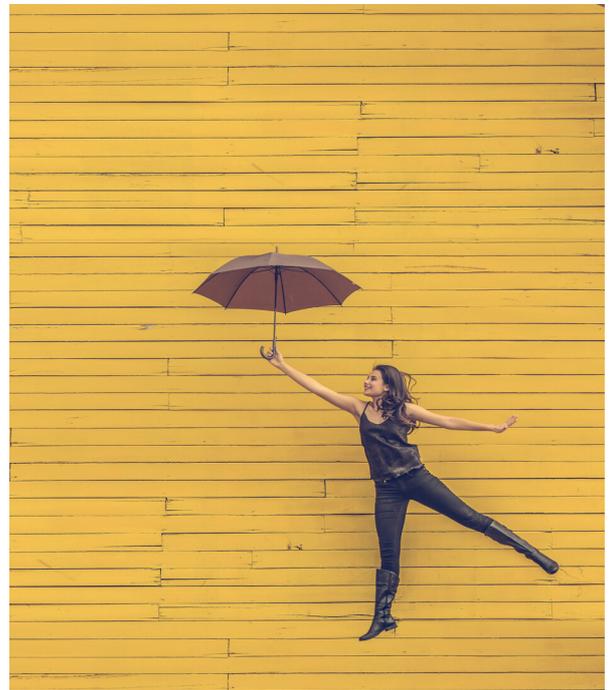
Simple and related to real life. Understand now how I can build this into my daily life. Thank you so much. Look forward to other sessions.

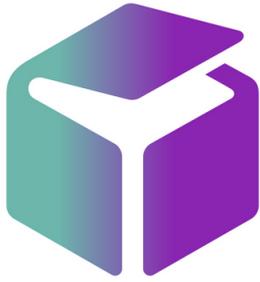
I will take what I have learned here back to my Women's Aid support group this Friday evening I just know it will be so appreciated - am excited to share; thanks so much.

Inspiring and completely do-able. I loved the straightforwardness of it and would love to share this remarkable experience with others. Huge thank you to Martin for his time.

So worthwhile. It was helpful to be reminded how simple, short exercises can help to ground you and give some perspective.

I started this session straight from a stressful day at work and with an awful headache. I left the session without a headache to my surprise. I actually learned to let go. Fantastic session will definitely continue to practice this. Thank you so much!





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www.tenforzen.co.uk
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