



Pain Concern Online Mindfulness Sessions 2026

8-week course

For people who want to develop a deeper experience of mindfulness and gain the foundations of a personal practice with a view to applying this in daily life. We grow our ability of noticing what is happening in our minds and cultivate qualities of kindness and self-compassion so we can begin to meet ourselves, our pain, and others in a different way. Each week has a follow up email with recordings and links and people are encouraged to try practices at home.

Topics covered

- Week 1 - What is mindfulness & why practice it?
- Week 2 - Start where we are.
- Week 3 - The body as a place to stay present.
- Week 4 - Introducing sound as a support for practicing mindfulness.
- Week 5 - Working with distraction. Movement and breath as a mindfulness support.
- Week 6 - Exploring the undercurrent of our experience and growing kindness.
- Week 7 - Noticing our attitudes.
- Week 8 - Working with life's difficulties and building self-acceptance.
- Week 9 (follow up 3 weeks after course ends) - A mindfulness-based life.

Day/time

Tuesdays 6 - 8pm

Duration

2hrs per week

2026 Session dates

21st July, 28th July, 4th Aug, 11th Aug, 18th Aug, 25th Aug, 1st Sept, 8th Sept

Week 9 follow up 29th Sept



Monthly drop-in session

This informal practice session is for those who have done Cath's courses or have some experience of mindfulness.

Day/time

Monday 7-8pm

Duration

1hr

2026 Session dates:

4th May, 1st June, 6th July, 3rd Aug, 7th Sept, 5th Oct, 2nd Nov, 7th Dec

About the teacher



Hi, my name is Cath and I have been teaching mindfulness since 2020. I have felt the benefits of mindfulness in my own life after doing my first 8-week course through an NHS Pain Clinic many years ago. I look forward to meeting you!

I am registered with BAMBA (British Association of Mindfulness-based Approaches) and trained and accredited by The Mindfulness Association.

How to book

Online: [Pain Concern & Cath Ashby Events - Upcoming Events | Eventbrite](#)

E-mail: mindfulness@painconcern.org.uk

Text: 07480632774

Call: 0300 222 5774