



## Increasing Confidence, Reducing Depression

Saturday 14th May, 10-1pm

Looking forward to May we will be looking at this inspirational theme.  
Of great interest to those looking to fulfill their potential through Meditation

A [Meditation Workshop](#) to inspire you to realize your full potential, tap into the powers of your imagination and create the future that you want.

At [Mind Space](#)

### Read the Articles:

Nearly 20,00 people have read the articles on this [theme](#).

### TIMETABLE FOR SATURDAY WORKSHOP

10am: Introduction  
10.30am: Guided Meditation  
11.15am: Q&A/Discussion  
12pm: Refreshments  
12.20pm: Guided Meditation  
Presentation

### Watch on You Tube

Discover an inspiration source for meditation on You Tube

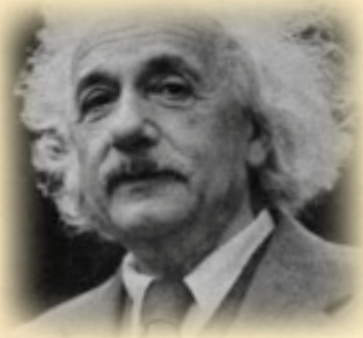
- [click here](#) to view.

### Inspirational Tweets

Twitter is a growing online phenomena. Click [here](#) to visit Mind Space on Twitter and follow for regular updates.

### Mind Space Facebook

We have an interactive page on [Facebook](#) where you can keep up to date.



WE ONLY USE 10% OF OUR  
[IMAGINATION](#)



Don't miss a thing

### SUBSCRIBE

to our mailing list.

Where you can deepen your experience of meditation.

An interactive program - which you can follow and participate with online, at Mind Space's website. [mindspace.org.uk](#)

## Mind Space

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[www.mindspace.org.uk](http://www.mindspace.org.uk)

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## Articles about 'Increasing Confidence, Reducing Depression'.

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To read the article click on the link. All the articles have comment space. Make a comment, get involved!

### [Introduction](#) -

A brief introduction to the series

### [The Elevator Mind](#) -

How to stop the mind from going down

### [Stop the Pressure](#) -

Keeping a lid on it.

### [Lay down your guns](#) -

Letting go

### [Too many words](#) -

Keeping it simple

### [Beware of expensive life coaches!](#) -

Empowering yourself

### [KILL YOUR LAPTOP](#) -

Cutting the distraction

### [Know your enemy.](#) -

Identifying the root

### [Is depression your parents fault?](#) -

Letting go of blame

### [Increasing Confidence on a shoe string - No Mystery, NO Jargon](#) - The DIY approach

### [Mental Spin](#) -

Using spin to your own advantage

### [Don't believe the HYPE](#) -

No falling into the trap

### [Developing the Power of your Imagination](#) -

Tap into an inexhaustible source...

### [Watch out of the corner of your mind](#) -

Mindfulness training for inner peace

### [Triumph in Adversity.](#) -

The come back!

## ARTICLES



[THE ELEVATOR MIND](#)



[TOO MANY WORDS](#)



[MENTAL SPIN](#)



July's theme is:

**UNWIND THE MIND**

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