

MINDFUL BEING

Nothing Alternative
About Wellness.



Qigong

Breathwork

Mindfulness

Awareness

Wellness

Coaching

Grief Coaching

MINDFUL BEING

I am Darren - *Mindful Being* - a creative facilitator and wellness educator based in East Preston, offering inclusive, accessible, and affordable sessions that blend movement, breath, and awareness. I deliver engaging courses and workshops, and offer Wellness Coaching. I also offer Grief Coaching, and Grief First Aid to help individuals navigate stress, change, and loss with compassion and confidence.

I deliver sessions on Tuesdays at The Holistic Hub in Littlehampton and also work actively within the community, including wellbeing projects with *Worthing Homes* for people who might not otherwise access them. My workplace delivery includes programmes with *Brighton & Sussex Medical School*, *University of Sussex*.

At the heart of my work is a simple belief: there is nothing alternative about wellness and it isn't a luxury.

My approach is playful, practical, and rooted in lived experience, making wellbeing feel welcoming, empowering, and genuinely doable.

"WHAT TO EXPECT" - A GENTLE GUIDE FOR NEW PARTICIPANTS

Perfect for people who feel unsure, nervous, or new to wellbeing.

WHAT TO EXPECT IN A SESSION

No pressure, no perfection -
just space to breathe

Simple practices explained clearly and
step-by-step

Movements and techniques that can be adapted for
all bodies

A warm, welcoming atmosphere

Time to pause, reflect, and reconnect

Practical tools you can use long after the
session ends



**MINDFUL
BEING**

THE PRACTICE OF PRESENCE

AWARENESS SESSIONS

Short Shibashi Qigong • Breathwork • Mindfulness

Awareness is the foundation of wellbeing.
Reconnect with yourself and respond to life with
clarity and calm.

AWAKEN YOUR AWARENESS

Move with intention. Breathe with clarity.
Live with presence. Notice more.
Stress less. Feel fully alive.

RISE INTO AWARENESS (MALE FOCUSED)

Men are often encouraged to “push through,” “stay strong,” or “get on with it.”
Useful sometimes – but it can also disconnect you
from your body, your emotions, and your needs.
Awareness is the antidote.
It’s not soft. It’s not abstract.
It’s a practical skill that helps you.

THE AWARENESS ADVANTAGE (WORKPLACE WELLBEING)

Workplace wellbeing designed to help teams reduce
stress, improve focus, and strengthen
communication – all through simple, accessible
practices that fit easily into the working day.

*All of the above are delivered as stand alone
55 minute workshops or as four week courses.*

SHIBASHI QIGONG

Qigong is for everyone. Flowing movement to release tension, improve posture, and support energy.

QIGONG FOR ALL

This guided session focuses on gentle, slow, mindful movement to support mobility, balance, and relaxation as we work through Shibashi Qigong Set One. Ideal if you want a regular, grounding practice.

QIGONG IMMERSION

Shibashi Qigong Set One is a beautiful, flowing 18-movement sequence practised around the world. In this 7 week course, you'll:

Be guided through the full set each week

Take a deep dive into each movement step-by-step

Experience how to coordinate breath and flow

Feel how Shibashi supports relaxation, balance, and energy

By the end, you'll feel confident practising the full set on your own.

MORNING QIGONG

A gentle morning 30 minute practice to awaken the body, settle the mind, and set a positive tone for the day ahead.



MINDFULNESS

Mindfulness helps us respond, not react. These evidence-based programmes support long-term wellbeing.

MBSR (MINDFULNESS-BASED STRESS REDUCTION) – 8-week gold-standard course for stress and resilience

MINDFULNESS NOW – flexible, inclusive 8-week programme suitable for all backgrounds

In person or online - affordable courses. Check website and Facebook for dates.

I also provide bespoke Mindfulness sessions and 1 to 1 sessions.



MINDFULNESS

BREATHWORK

Breath is the bridge between body and mind.
Learn simple techniques to:

Calm the nervous system

Improve focus and emotional regulation

Support sleep, energy, and clarity

Sessions include:

INTRO TO BREATHWORK

BREATHWORK FOR STRESS

BREATHWORK FOR FOCUS

BREATHWORK FOR SLEEP



**BREATHE
LIKE YOU
MEAN IT**

WELLNESS COACHING

WELLNESS COACHING – for real people in real life.

Grounded support for individuals and workplaces. It works with you to help you find tools and possible solutions.

Wellness isn't a luxury. It isn't a trend. It isn't something reserved for a certain type of person.

It's for everyone – all identities, all backgrounds, all bodies, all levels of experience. My coaching is simple, practical, and human. No jargon. No pressure. No perfection.

Just space to breathe, reflect, and move forward.

WELLNESS FOR BLOKES – a down-to-earth, inclusive space for men to explore wellbeing, stress, and emotional health without pressure or jargon.



**LISTEN
TO THE
FLOW**

GRIEF COACHING & FIRST AID

GRIEF COACHING - gentle, compassionate support for those navigating loss, change, or transition. Grief is one of life's hardest journeys, the *Life After Loss* programme moves through the grieving journey, providing compassionate and practical tools for emotional recovery.

Life After Loss is delivered over 6 weeks as one-to-one sessions or group workshops

GRIEF FIRST AID - short, supportive sessions for those in acute grief or supporting others through loss.

WHERE I WORK & HOW TO BOOK

WORKPLACE WELLBEING – sessions for teams, staff development, and wellbeing days

HOLISTIC HUB, LITTLEHAMPTON – Tuesdays, check website to see what is on.

WORTHING HOMES COMMUNITY HOUSE – community-based inclusive, free of charge accessible sessions in a warm, welcoming space

EAST PRESTON BEACH – outdoor movement and mindfulness (depends on tide & weather), check Facebook or get in touch to find out more.

YOUR HOME – private sessions for individuals and families

ONLINE – Mindfulness Now and Mindfulness Stress Based Reduction, check website for details

To book:

Email: relaxingqigong@gmail.com

Phone: 07867141822

Website: mindfulbeingqigong.com

See my website or Facebook page for up-to-date prices for all sessions and courses.

Workplace sessions are costed after a conversation, as pricing depends on the needs of the organisation and the size of the business.



WELLNESS IS NOT A LUXURY

If any of my sessions are beyond your means, please get in touch to discuss – wellbeing should never be out of reach.



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