

beanddo

make happy work

PRESS RELEASE

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FOR IMMEDIATE RELEASE

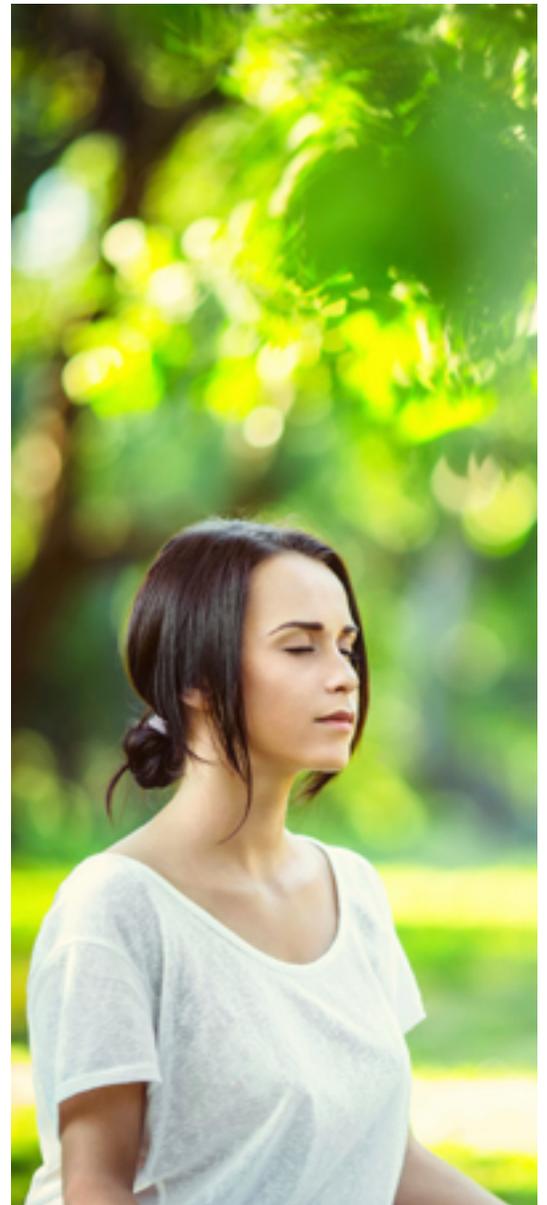
Want to feel different in 2016?

Find your inner calm with meditation

Will your New Year resolution for 2016 be to achieve more, work better, be happier? Then a new, unique course in meditation may just be the thing.

Manchester meditation company **beanddo** are offering a four-week mindfulness course, **BE HERE NOW!** that will help students discover how they can transform how they feel, how they think and how they work.

Over the course students will learn the techniques of meditation and how to use it in daily life to boost creativity and happiness.



Mindfulness Meditation

BE HERE NOW! has been designed by award winning architect, artist and yoga teacher Michael Timpson. Michael is a 'Happiness Architect', in that all his work, whether designing a new community or leading a yoga class is about helping others access their inner resources to reduce stress, promote creativity and increase energy, health and happiness.

The **BE HERE NOW!** programme is easy to access and will be engaging, effective and fun!

Michael said,



Michael Timpson

“Many of us get caught up in the day-to-day stresses of modern life ... we hardly get a chance to stop and just be ourselves for a moment. Meditation is all about being fully present in our lives. That’s when we get to experience all the good stuff. Our **BE HERE NOW!** course is designed to help people learn how to tap into their inner resources to change from the inside – out.... and make happy work!”

The course, starting on 11th January, is held at the Friends Meeting House in the centre of Manchester, runs for four Mondays and costs £60 if booked before 7th December.

The **BE HERE NOW!** course is the public element of the programmes offered by **beanddo** which include mindfulness meditation for businesses and public sector to boost productivity and for schools and colleges looking to increase students’ focus and concentration.

For more information visit www.beanddo.co.uk

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For further information and high-res images please contact

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Notes to editors

About beanddo

beanddo offer mindfulness meditation courses for the community, for business and for education. **beanddo** believe that the meditation revolution is a movement whose time has come. Across the world continued scientific research and personal experience is revealing how the meditation practice is helping to increase the depth of creativity, productivity, happiness and wellbeing in organisations, communities and individuals.

The **beanddo** programmers will help business teams, groups and individuals by recognising and removing the self imposed mental obstacles. The **beanddo** method adopts and utilises simple, natural meditation practices based on the idea that everyone has the potential to transform themselves and the world around them.

About Michael

Michael is an architect, artist and yoga teacher and is the founder and CEO of **beanddo**. He has designed the **beanddo** programmes and leads many of the courses.

He is also founder of The YogaLife Project, a social enterprise based in Manchester teaching yoga, meditation and offering teacher training for future yoga teachers. He is a Registered Senior Yoga teacher (SYT) – one of only 300 in the UK, with the Yoga Alliance.

Michael has taught design and led teaching studios in many Schools of Architecture. He has also led and managed a number of design businesses. As an architect Michael has worked on projects all over the world from Mexico City to Manchester and he was a lead designer on the master plan to rebuild Manchester after the IRA bomb. Michael's professional design work is deeply informed by his own yoga meditation and his knowledge of contemporary research being carried out into the use of mindfulness in a wide variety of contexts.

Michael is also an award-winning artist. He has exhibited at the CUBE Gallery, RIBA Architecture Centre, Saatchi & Saatchi and the Royal Academy.

Michael has given many talks on yoga and architecture. He has also taught many yoga and architecture students how to practice creativity. The origin of **beanddo** can be traced back to when Michael realised that he had been talking about the same thing to each audience – how creativity and happiness are linked and fully experienced when Being and Doing merge.

About the course

Courses are held at:

Friends Meeting House
Mount Street
Manchester

Courses run for four Mondays from 6.15-8.15pm starting Monday 11th January

The cost is £60 if booked before 7 December. (£70 after 7 December)

To book visit www.beanddo.co.uk