

For over ten years, Breathworks courses have offered more than 2,000 people living with chronic pain the potential to improve and transform their quality of life. Participants receive a toolkit of knowledge drawing on research-tested mindfulness methods and the founder's long-term experience of chronic pain.

Teacher Training

- [Teacher Training](#) - for professionals and individuals wishing to teach mindfulness to others

Mindfulness courses for people suffering pain, stress or illness

Local Courses - weekly classes for those who enjoy learning with others in a supportive environment, with an accredited Breathworks trainer

- [Living Well with Pain and Illness](#)
- [Mindfulness for Stress](#)

Online courses - short daily sessions to practice at home or at work, ideal for establishing or refreshing a mindfulness practice

- [Introduction to Mindfulness](#) - for people living busy or hectic lives
- [Mindfulness for Health](#) - brand new course! - for anyone with chronic pain, long-term illness or the sort of stress that reduces the capacity to live life fully

Resources

- [Shop](#) - books, CDs, MP3s and home practice kits, for home learning and practice
 - [Interviews and Articles](#)
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Breathworks programmes

Breathworks programmes have their origins in the personal experience of Vidyamala Burch, who has used mindfulness to manage severe chronic spinal pain for twenty-five years. They are based on practice-based research as well as combining key elements of Mindfulness-based Stress Reduction (MBSR) and Mindfulness-based Cognitive Therapy (MBCT).

Breathworks offers [teacher training](#) in Mindfulness Based approaches to Pain and Illness (MBPI). All the methods taught also apply to stress and other difficulties. Our teacher training provides instruction in developing mindfulness as a personal practice as well as how to teach mindfulness to others. We also offer training for those wishing to deliver the Breathworks *Living Well with Pain and Illness* courses and its adaptations, such as *Living Well with Stress*.

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[What is mindfulness?](#)

Mindfulness or mindful awareness, is a state of present moment attention where you can clearly perceive thoughts, physical sensations, emotions and events at the moment they occur without reacting in an automatic or habitual way.

You can then make choices on how you respond to things and have a rich and fulfilling life, even when experiencing difficult circumstances.

The Breathworks approach is based on learning to accept one's pain and not react to it. By accepting the conditions we find ourselves in, we learn to respond creatively. To do this, we need to learn how to be mindful and aware of our reactions and responses.

[About Breathworks](#)

Breathworks is a social enterprise, collaborating with public health providers, giving confidence and caring support to people with pain.

"Whether you suffer with chronic pain or illness, treat those who suffer, or care for a loved one who does, the Breathworks methods could radically change your life for the better"

Professor Lance McCracken, King's College London and INPUT Pain Management Centre

- An article by Vidyamala Burch for the Healthcare Journal of Counselling and Psychotherapy, October 2009 (extended version) [Download](#) or [View](#)
- [Listen to an interview with Vidyamala](#) with Sounds True, her US publisher

[Breathworks Community Interest Company \(CIC\)](#) is an independent not-for-profit social enterprise offering mindfulness-based approaches to living well with chronic pain and illness, and is rapidly becoming the leader in this field. It was formed by

[Vidyamala](#)

and her colleagues

[Sona Fricker](#)

and

[Gary Hennessey](#)

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