

This Mindful Life Eight Week Mindfulness-Based Programme Overview & Terms and Conditions

Eight Week Mindfulness-Based Programme (MBP) Overview

The MBP is an experiential course, with the main emphasis being on meditation practice. Teacher-talk time is kept to a minimum to allow for more practice and inquiry in class and support around the home practice. During the course there will be pair work, readings and group sharing (known as inquiry) to aid learning and participation. There will also be some gentle movement and walking.

The MBP Course aims to provide a safe space where your meditation practice can be nurtured. The class size may be as small as 4 people, though usually the aim is to have a minimum of 5 participants and a maximum of 15 (venue depending). To get a positive group dynamic it's hoped that all participants treat each other, the facilitator and themselves with kindness and respect, as best they can.

Classes will usually have the following structure:

Arrive and welcome meditation

Discuss home practice

Introduction to this session's topic or theme

Meditation practice or some movement followed by sitting meditation

Inquiry and reflections, if any

Home practice, any other questions, closing meditation

Finish class

Please note the final session will contain extended guided silent practice. We will have a brief overview of the course before going into silent practice. During this time there will be no feedback after each meditation. At this stage the meditations will be more spacious and have less guidance. At the end of the session we will reflect on the practice and say goodbye.

Some venues are not suitable for those who cannot use stairs – please contact organiser to clarify.

All venues cannot accommodate early arrivals.

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Home practice is an essential part of the course and will take about 20-30 minutes each day during the course. If you cannot commit to this level of home practice this may not be the best time to undertake the course. It is also expected that participants read the relevant section of the workbook each week, which will be given out in the first session.

Week 1 Autopilot – what happens when you wake up and take notice of everyday things?

Main home practice: Body scan light meditation twice daily. Mindful awareness of a daily activity e.g. brushing teeth

Week 2 Coming home to the body – exploring physical sensations, not as thoughts but as experiences. **Main home practice:** Body scan meditation. Mindful awareness of a different daily activity e.g. drinking tea.

Week 3 Mindful movement – non-strenuous movements designed to help you feel what is happening in the body. **Main home practice:** Mindful movement followed by a Breath and body meditation. Do a 3-minute breathing space meditation twice daily. Pleasant Events Diary.

Week 4 Thoughts are not facts - Seeing thoughts as mental events and using sound as a comparison you'll learn that the mind is to thought what the ear is to sound. **Main home practice:** Sounds and thoughts meditation. Do a 3-minute breathing space (3MBS) meditation twice daily and whenever else you need it. Unpleasant Events Diary.

Week 5 Approaching difficulty – learning to approach and acknowledge the difficult situations in our lives rather than use avoidance habits. **Main home practice:** Sounds and thoughts and Choiceless Awareness Meditation. Do the 3MBS twice daily and whenever else you need it. Choose a habit buster.

Week 6 Cultivating kindness – exploring how negative thoughts can lessen when kindness and compassion is cultivated. **Main home practice:** Choiceless Awareness and Befriending meditation. Continue doing the 3MBS twice daily and whenever else you need it. Choose a habit buster.

Week 7 Self-care - exploring how practising mindfulness can help you make more skilful choices when faced with stress and difficulty. Also we think about what activities nourish or deplete us. **Main home practice:** Choose two meditation practices and commit to doing them every day. Continue doing the 3MBS twice daily and whenever else you need it. Choose a habit buster.

Week 8 This Mindful Life - Planning future practice and guided-silent practice in class. **Main home practice:** Choose which meditations you will do and plan your daily practice for the coming months. Be sure to include the 3-minute breathing space, habit busters and/or daily activities to do with your full awareness.

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Terms and Conditions for the Eight Week Mindfulness-Based Programme

By paying for this course you are agreeing to the following terms and conditions of this Mindfulness-Based Programme:

I agree to:

- Undertake **daily** meditation practice as best I can in between each session.
- Attend all eight sessions if possible and try to arrive on time as best I can
- Switch my phone off or onto silent/flight mode at the start of each class
- Respect the privacy of fellow course mates and adopt a confidentiality attitude of 'what is disclosed in the mindfulness class stays in the mindfulness class.' Recording during the sessions for any purpose is prohibited.
- Let go of my story during inquiry/sharing and work with my direct experience of the meditations and 'what's here now'.
- Bring mindful awareness during sharing and keep to the relevant topic.
- Notify the teacher of absences or any unforeseen circumstances that may arise in between each class.
- Inform the teacher of any physical impairment or health issues that may affect my ability to meditate or participate in the mindful movement sessions.
- Ensure I do not over stretch or do any movement that may cause physical harm or discomfort. If there are any doubts about being able to participate in the course please consult a GP.
- Ensure I am taking this course at a time that feels right. It is not appropriate to take this course whilst experiencing extreme anxiety or a depressive episode.
- Stop if any movement or meditation feels wrong and will raise any concerns with the teacher.

I understand that:

- This a secular training course in mindfulness meditation for personal practice. It is not therapy. It is not a teacher training course.
- In the event of the course failing to start all fees will be returned. A percentage of the fees would be returnable if the course finished early due to unforeseen circumstances.
- In the event that I fail to attend the course or drop out during the course, fees are non-refundable. For one-off absences due to illness, fees are non-refundable.

I confirm I have read and understood the above terms and conditions of this eight week MBP course.

Name: _____

Signed: _____ **Date:** _____

Teacher: _____

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Learner enrolment details

Name: _____

Telephone number: _____

Email: _____ Age: _____

Do you give permission for me to contact you via email with course updates & information about future courses/events? _____

Do you have any physical or mental health conditions?

Do you have any back problems or mobility issues that might prevent you from meditating, stretching or exiting the building? _____

If you paid the concessionary rate please state why _____

What do you hope to get from this course?

How did you hear about the course?

I declare the above information to be correct. I will inform the course facilitator of any changes during the course that might affect my ability to sit, stretch, meditate, participate, move or exit the building.

Sign: _____

Date: _____

Please complete at the end of the course:

Did you get what you hoped you would from the course?

Were there any difficulties in following the programme?

Any other feedback you'd like to give?

Do you think you will continue meditating after the course?

Can I use your anonymised feedback on my website?