

## **This Mindful Life Mindfulness-Based Living Course Overview & Terms and Conditions**

### **Eight Week Mindfulness-Based Living Course (MBLC) Overview**

The Eight Week Mindfulness-Based Living Course (MBLC) 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 MBLC aims to provide a safe secular space where your meditation practice can be nurtured. The class size may be as small as 4 people with a maximum of 14 (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 some extended guided silent practice.** 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.

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**Home practice is an essential part of the MBLC and will take about 30-40 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** Start Where We Are. Recognising the unsettled mind. Settling the mind as best we can. Reflecting on our commitment and motivation. **Home Practice:** Recognising the unsettled mind followed by Settling practice (track 1). Setting our intentions and motivations. Pleasant Events Diary.

**Week 2** The Body as a Place to Stay Present. Practicing body awareness by using the body scan meditation. Exploring our felt sense of kindness. **Home practice:** Body Scan meditation (track 2) followed by self-guided Kindness Exercise every day this week . Unpleasant Events Diary.

**Week 3** Working with Distraction and Movement. Non-strenuous movements designed to help you feel what is happening in the body. Working with distraction and using the breath as a mindfulness support. Mindfulness in everyday life. **Home practice:** Mindful Movement (track 3) or Walking Meditation followed by Settling, Grounding, Resting with Breath Support Meditation (track 4) every day. Choose a daily activity and pay attention as you do this each day.

**Week 4** Further Exploring Mindfulness Support. Settling, Grounding, Resting using sound support. Introduction to the three minute breathing space. Adopting non-striving in our lives. **Home practice:** Settling, Grounding, Resting (SGR) with sound support (track 5) every day. Do a 3-minute breathing space (3MBS) meditation twice daily. Choose a different daily activity and pay attention as you do this each day.

**Week 5** Exploring the Undercurrent – learning to approach and acknowledge difficult thoughts, noticing the undercurrent, exploring befriending. **Home practice:** Befriending for others (track 6) once every day. SGR with breath or sound support every day. Choose a different daily activity and pay attention as you do this each day.

**Week 6** Attitude. Developing kindness and compassion, exploring how negative thoughts can lessen when kindness and compassion is cultivated, training our attitude. **Home practice:** Befriending meditation (Track 7). SGR with breath or sound support every day. Choose another daily activity and pay attention as you do this each day.

**Week 7** Self-Acceptance. Exploring the three circles model of threat, drive and soothing, further developing self-compassion, using the self-compassion break at moments of difficulty. **Home practice:** Mindful Movement followed by RAIN exercise (track 8). Self-compassion break once a day. Choose a different daily activity and pay attention as you do this each day.

**Week 8** A Mindfulness Based Life. Planning future practice and silent practice in class. Revisiting some of the practices and reflecting on the journey so far. **Home practice:** Choose which meditations you will do and plan your daily practice for the coming months. Reflect on your journey so far. Be sure to include a daily activity and shorter practices such as the 3MBS or the compassion break.

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### Terms and Conditions for the Eight Week MBLC

**By paying for this course you are agreeing to the following terms and conditions of this Mindfulness-Based Living Course .**

**I agree to:**

- Undertake **daily** meditation practice as best I can in between each session.
- Attend all 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 is a 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, fees are non-refundable.

**I confirm I have read and understand the above terms and conditions of this MBLC.**

**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?