

# 8 Week Mindfulness Course

## Overview

Mindfulness-based stress reduction (MBSR) is world leading programme in mindfulness from which all other secular mindfulness training has evolved. Developed by professor John Kabat-Zinn, MBSR is an exploration of patterns of behaviour, thinking, feeling and action. You will gain a certificate post completion that allows you to apply to become a mindfulness teacher.

## Course Content

Session 1 – What is Mindfulness? The theoretical underpinnings of mindfulness.

Session 2 – Changing Behaviours – How to change health and behaviour.

Session 3 – Power of the present- Practices of body and mind.

Session 4 – Conditioning – How conditioning and perception shape our experience.

Session 5 – Waking up - Connect mindfulness with perception/appraisal.

Session 6 – Communication - Developing interpersonal communication.

### Retreat day – Silent retreat day

Session 7 – Your practice – How to establish and maintain the Mindfulness practice.

Session 8 – Keeping the momentum – ways to do this both formal and informal.

## Details

Cost £250.00 per person. 7<sup>th</sup> September 2021, every Tuesday night 7pm to 9pm.

Cost covers the retreat, training materials, the book Full Catastrophe Living.



John Earls one of the UK's leading researchers into Burnout and acclaimed Mindfulness teacher

  
JOHN EARLS