

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. 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